

## **Wellness Cash Incentives**

### **Q. What do I need to do to receive my wellness cash incentives?**

A. You'll need to comply with the following two steps:

- Physical Examination – You must complete an annual wellness examination to receive wellness cash. The payment will be applied after Human Resources receives the Wellness Exam Attestation form completed by both you and your physician.
- Non-smoker/Attempting to Quit Wellness Incentive – In order to receive the payment, you must return a Non-Smoking Attestation Form and indicate that you are a non-smoker or that you are enrolled in a smoking cessation program.

### **Q. When will the wellness incentives be applied to my paycheck?**

A. You will not receive a 2.5% wellness cash incentive until you report that you have completed an annual physical exam. If you are a non-smoker or enrolled in a cessation program you will see the additional 2.5% wellness cash incentive applied after Human Resources has received your attestation form. If you return the completed attestation forms with your open enrollment form by the Open Enrollment Deadline, you will see the payment reflected on your second paycheck in January.

- **Attestation forms must be updated and submitted annually.**

### **Q. Where can I find information on smoking cessation programs?**

A. Blue Cross Blue Shield and Blue Care Network participants may use the “Tobacco Cessation Coaching” program through WebMD. This is a 12-week program for individuals who are ready to quit using tobacco products. Over the 12-week period, individuals will receive 5 calls from a specially trained health coach and an optional two rounds of Nicotine Replacement Therapy.