



# A Healthier You!

Here's what you need to know to receive your wellness reduction in medical contributions in 2023.



**Don't forget to complete all components to receive your weekly wellness reduction in 2023!\***

These components will **all** need to be completed by **November 30, 2022**. If any of the components are not completed by the employee and spouse, they **will not** be eligible to receive the **\$20 per week** wellness reduction in 2023. The reduction is **\$10** for employee only.

If you have additional questions or want to request a reasonable accommodation or an alternative standard, please contact Jason Gigous.

*\*If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard.*

By participating in the annual wellness program offered by B & R Electrical Contractors, employee/spouse or family will receive \$20 per week reduction and employee only or employee/child(ren) will receive \$10 per week reduction in medical/prescription drug plan contributions in 2023. If both you and your spouse are enrolled in the health plan in 2022, **both** of you must complete the program requirements. Participation is voluntary – however, if you and your spouse (if applicable) complete the wellness program requirements in 2022, you'll pay less in payroll deductions for medical and prescription drug benefits in 2023.

In order to receive the reduction for the first period of 2023, all four requirements below **must be** completed by November 30, 2022.

- **COMPLETE A BIOMETRIC SCREENING** which is a blood pressure reading as well as a blood draw that measures total cholesterol, HDL, LDL, Triglycerides and blood glucose. This can be done as part of the annual physical. (Patient to give enclosed certification form to provider).
- **COMPLETE A PHYSICAL EXAMINATION** from your Primary Care Physician (PCP). (Patient to give enclosed certification form to provider).
- **COMPLETE A HEALTH RISK ASSESSMENT (HRA)** which is located at [www.myMERITAIN.com](http://www.myMERITAIN.com) and click on My Personal Health Dashboard, then click on the Create Account link. We recommend doing this after you have done your biometrics so you have the results available to complete the HRA.
- **COMPLETE A NON-TOBACCO USER AFFIDAVIT** (affidavit attached), or complete a tobacco cessation program through the American Lung Association's Freedom from Smoking Plus online program. Visit [www.FreedomFromSmoking.org](http://www.FreedomFromSmoking.org) to enroll.

When you have completed the program, you will be asked to fill out the Program Evaluation. Once your evaluation has been received, you will be sent an email with a link to a Certificate of Participation.

Employees/spouses will need to provide the receipt and certificate of completion to HR to receive their \$99.95 reimbursement.