Working on Wellness (WOW) Wellness Incentive Key Messages May 6, 2013

- As part of creating a culture of wellness and to serve as a healthy role model to the community,
 Working on Wellness (WOW) is expanding its program to include a participation incentive for
 employees covered under the PHH medical insurance plan.
- With rapidly rising healthcare costs, more out-of-pocket premiums and co-pays are being passed on to the individual. Approximately 84 percent of employers in southeast Michigan offer some form of wellness initiative, and 59 percent offer premium-based incentives.
- Port Huron Hospital is pleased to introduce a new premium incentive to benefit-eligible employees, beginning Jan. 1, 2014. The incentive will reduce the employee's medical insurance premium by \$5 per pay over 26 pays beginning January 2014. Total savings is \$130.
- Benefit-eligible employees can elect (not required) to reduce their premium by participating in biometric screenings and completing a health risk assessment (HRA) through *YourCare*. The employee's spouse, if covered under PHH insurance, will also need to complete an HRA.
- YourCare, Port Huron Hospital's online wellness site, provides a reference for effective tools to manage lifestyle changes such as smoking cessation, weight management, and activity tracking. Also available are peer-reviewed medical information on thousands of conditions and diseases.
- The HRA (spouse and employee) and biometric screening (employee only) must be completed before
 September 1, 2013. The HRA can be completed online at anytime by going to
 www.porthuronhospital.org, clicking on the employee portal and then on the *YourCare* icon.
 Completion of the HRA also enters every employee into a *YourCare* monthly drawing in the amount of
 \$500.00.
- Eight convenient WOW employee **biometric screenings** will be offered in the Wismer Lab from 6-10 a.m. (fasting required) on May 16, 17, 22, June 18, 20, 21, July 30 and Aug. 1. Blood pressure, height and weight (BMI), fasting lipid panel, and fasting glucose will be performed. Doctor's office may verify biometrics and labs drawn between September 1, 2012 and September 1, 2013 if an employee is not able to attend a screening.
- Benefits to Employees:
 - o Reduces employee and PHH medical claim costs
 - Fosters responsibility and improves employee health and through awareness of health risks
 - o Provides disease management and health coaching to eligible employees
- For more information, contact Pat St. Louis in Employee Health at ext. 3120.