Frequently Asked Questions about the WOW Wellness Incentive

What is the wellness incentive?
The Hospital is offering benefit-eligible employees the opportunity to receive up to $130 off the amount they pay for PHH medical insurance simply by participating in two wellness-awareness events.

What are these wellness-awareness events?
The employee and spouse complete a health risk assessment, and the employee completes a biometric screening. Both must be completed by September 1, 2013 to receive the incentive.

How do I complete the Health Risk Assessment (HRA)?
The HRA can be completed online at any time by going to the employee portal and clicking on the *Your*Care-NGS Health Center button. Follow the instructions for logging on.

What is *Your*Care?
*Your*Care is Port Huron Hospital's online wellness site. It provides information for leading a healthier life, complete with tools for lifestyle changes such as weight management, activity tracking, smoking cessation, etc.

What will the biometric screening consist of?
Blood pressure, height and weight (BMI), fasting lipid panel, and fasting glucose will be taken. Fasting for 10 hours prior is required for accurate results.

Do we need appointments for the screenings?
No appointment needed - walk-in only for any of the 8 scheduled screenings. Do bring your insurance card and ID- they will be scanned

Is the wellness incentive based on test results?
The wellness incentive is **not** based on test results. It is based on participation, which is voluntary. The goal is to increase your awareness of the state of your own health.

I recently had my labs done for my yearly physical. Do I need to repeat them?
No –lab results that have been drawn since September 1, 2012 will qualify. You can do either of two things:

- Get the labs from your medical record and bring them to a screening. Your BMI and BP will be completed by employee health (EHS).
- Have your doctor complete the screening form which you will bring to EHS by September 1, 2013.

The biometric screening form for the doctor to complete may be found on the employee portal under WOW.

Is there a charge for this?
No - the cost of the screening is covered as a wellness benefit under your PHH medical insurance.

May I get my biometric screening done at the Medical Office Building Lab instead of Wismer?
No. The scheduled screenings will only be available at the Wismer lab.

Who gets my biometric screening and test results?

Tests results are confidential and become part of your medical record. You will receive a report of your results by mail, which you will then enter into the health risk assessment (HRA).

I don't know if I will be electing the PHH medical plan for 2014. May I attend the screening?

Any PHH employee may attend the screening. Everyone that attends should bring their insurance card and ID. The ultimate goal is to raise awareness of the importance of good health.

When are these scheduled screenings?

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.

How will I receive the incentive payment?

It will be in your paycheck as a reduction in the amount you pay for medical insurance, starting January 2014. Over 26 pays the incentive totals $130.00. Those who don't participate will pay the full amount for their insurance.

Why should I participate?

Knowing your own health numbers will help to keep you healthy and feeling good. It may reduce the need for medical care and so lower your out-of-pocket expenses. It's a win for you and for PHH.