



CHECKUP!

In an effort to encourage the health and wellness of our employees, Oldcastle will continue to offer a wellness initiative. The initiative will be expanded to also include spouses covered on the Oldcastle Plan. Employees and spouses who complete the initiative will pay \$25 per month less in medical premiums than those who don't complete the initiative.

Wellness Initiative... Oldcastle Healthcare Plan

Who is Eligible?

Employees and their Spouses who are covered on the Oldcastle Healthcare Plan are eligible to participate in the wellness initiative.

The employee/spouse must be on the Oldcastle Plan during the specified time period and receive a physical during the specified time period for the premium reduction to be applied in 2018.

What is the time period to complete the initiative?

The time period for this wellness initiative will be from June 1, 2016 through May 31, 2017.

If both You and your Spouse have had a physical exam during this time period, you have already completed the initiative.

How is the initiative verified?

Anthem will verify completion of your physical exam.* Employees/spouses need not provide any information to Oldcastle.

**Verification by Anthem is based on provider applying the proper coding.*

Can I check to see if my wellness exam has been verified?

Yes, you can check your account on www.benefitsolver.com and you will see one of the following messages on the upper left-hand corner of the home page.

Wellness Credit 2018 – You have earned the Wellness Credit for the 2018 plan year.

Wellness Credit 2018 – You have not earned the Wellness Credit for the 2018 plan year.

Please allow for lags in timely claim submissions by providers. If you don't see your credit immediately after your wellness visit be sure to check back periodically to see if the update has been received.

What do you need to do to receive the premium reduction?

To receive the premium reduction, the employee and their spouse must both complete an age-appropriate physical exam with their primary care physician between June 1, 2016 and May 31, 2017. If you complete the initiative, the reduction will apply in 2018.

The initiative requires **Employees and their covered Spouses** to complete an age-appropriate physical exam, which includes having your critical health numbers checked by a primary care physician. Your physical exam requires getting your health numbers checked, which may include:

- **Blood panel: Total Cholesterol level both LDL and HDL**
- **Glucose level (for non-diabetics only)**
- **A1c level (for diabetics only)**
- **Blood pressure**

Employees and Spouses that complete or have completed the initiative will pay a total of \$25 less per month on the 2018 employee contributions. You and your covered spouse must both complete the initiative to be eligible for the reduction. This initiative is "all or nothing." If a covered employee and their covered spouse do not both receive their physical exam within the specified time period, no premium reduction will be applied in 2018.