



2017 Healthy Steps Wellness Program

Medical Effective 1/1/17 (applies to employees and covered spouses/partners)

1. Complete Well-Being Assessment (WBA) by 12/5/16 to earn the Healthy Rewards Rate through 2/28/17
 - a. Complete WBA through the Healthy Steps Wellness portal
2. Complete Health Screening between 1/1 & 1/31/17 to earn the Healthy Rewards Rate through 7/31/17
 - a. Health Screening can be completed at an onsite event (if available) or a Quest Patient Service Center (PSC)
 - i. Must schedule for onsite or PSC through the Healthy Steps Wellness portal
 - b. If a Quest PSC is not available in the area, may go to in-network physician (free if coded as preventive care)
 - i. Must download personalized Physician Fax Form on Healthy Steps Wellness portal
3. Earn a program total of 2,200 points by 7/14/17 to earn the Healthy Rewards Rate through 12/31/17
 - a. Receive 1,000 points for completing the Health Screening and up to an additional 1,000 points based on results
 - b. Additional points can be earned through challenges available on the Healthy Steps Wellness portal
4. Earn a program total of 3,500 points by 10/10/17 (no impact on rates, opportunity to win prizes)
 - a. Points can be earned through challenges available through the Healthy Steps Wellness portal

Medical Effective 1/2/17 through 5/31/17 (applies to employees and covered spouses/partners)

1. Complete Well-Being Assessment (WBA) and Health Screening by 6/30/17 to earn the Healthy Rewards Rate through 12/31/17 (default to discounted rate through July)
 - a. WBA can be completed through the Healthy Steps Wellness portal
 - b. Health Screening can be completed at a Quest Patient Service Center (PSC)
 - i. Must schedule for PSC through the Healthy Steps Wellness portal
 - c. If a Quest PSC is not available in the area, may go to in-network physician (free if coded as preventive care)
 - i. Must download personalized Physician Fax Form through the Healthy Steps Wellness portal
2. Earn a program total of 3,500 points by 10/10/17 for the opportunity to win prizes (no impact on rates)
 - a. Receive 1,000 points for completing the Health Screening and up to an additional 1,000 points based on results
 - b. Additional points can be earned through challenges available on the Healthy Steps Wellness portal

Medical Effective on or after 6/1/2017 (applies to employees and covered spouses/partners)

1. Earn the Healthy Rewards Rate through 12/31/2017 (default to the discounted rate)
 - a. No action is necessary; however, employees and their covered spouses/partners can still access the WBA and challenges through the Healthy Steps Wellness portal

Your health plan is committed to helping you achieve your best health. The Healthy Rewards Rate is available to all employees participating in the wellness program. If you think you may be unable to meet a standard for the Healthy Rewards Rate under this wellness program, you may qualify for an opportunity to earn the Healthy Rewards Rate by different means. Contact us at 877.998.9675 and we will work with you (and, if you wish, with your doctor) to find a wellness option that is right for you in light of your health status to help you earn the Healthy Rewards Rate.

All information is confidential as protected by federal law and Kindred will not have access to your individual results.