

## 2017 Aetna HRA and HSA Wellness Rewards

With the *Wellness Rewards* program, you (and, in some cases, your dependents) can earn additional contributions to your health fund—just for completing certain health-promoting activities.

✓	<b>Wellness Activity</b>	<b>Credit Amount</b>	<b>Who Can Earn Credit</b>	<b>How Can Credit Be Earned</b>
	<b>Biometric Screening</b>	\$300	Employee & Covered Spouse/Domestic Partner	Ask your local HR about on-site screenings. Or, you may visit a LabCorp facility near you. To schedule an appointment at LabCorp, go to <a href="https://register.vitalogyinc.com/hospira">https://register.vitalogyinc.com/hospira</a> <b>Event Code: 2811DF</b>
	<b>Routine Preventive Exam</b>	\$200	Employee & Covered Dependents	Be rewarded for maintaining good health by receiving your routine annual or Well Male/Female exam (Prostate Exam/Pap Smear).
	<b>Cancer Screenings</b> <ul style="list-style-type: none"> <li>▪ Breast (Mammogram)</li> <li>▪ Colon (Colonoscopy)</li> </ul>	\$200	Employee & Covered Dependents	Obtain your annual routine mammogram or colonoscopy screening.
	<b>Online Health Assessment</b>	\$250	Employee & Covered Dependents over the age of 18	Go to <a href="http://www.aetnavigators.com">www.aetnavigators.com</a> . Log in to your secure member website. Then, select the Take a Health Assessment link to get started.  Take just 15 minutes to complete this interactive health assessment and benefit from personalized health information.
	<b>Online Wellness Programs</b>  A new suite of online programs provide support for wellness and chronic condition management. The suite includes these health Directions:  <ul style="list-style-type: none"> <li>▪ Be Tobacco Free</li> <li>▪ Blood Pressure in Check</li> <li>▪ Diabetes Life</li> <li>▪ Eat Healthier</li> <li>▪ Get Active</li> <li>▪ Healthy Back</li> <li>▪ Hearty Health Cholesterol</li> <li>▪ Living Well with Asthma</li> <li>▪ Sleep Well</li> <li>▪ Stress Less</li> <li>▪ Weigh Less</li> <li>▪ Health in a Hurry</li> </ul>	\$50 per program (max of 3)	Employee & Covered Dependents over the age of 18	Go to <a href="http://www.aetnavigators.com">www.aetnavigators.com</a> . Log in to your secure member website. Then, select the Take Your Health Assessment from the left hand menu to get started. Within each health Direction are a number of Journeys®. As a participant you pick a Direction and then select the Journey that best meets your health care needs and interests.  <ul style="list-style-type: none"> <li>▪ Complete the online Health Assessment.</li> <li>▪ Choose one or more programs to start.</li> <li>▪ Participants must complete a Journey to trigger the incentive.</li> </ul> <p>Your reward is earned once you complete a journey. You can track your journey completion history in the Accomplishments box on your Health Dashboard.</p>

<p><b>Healthy Lifestyles Coaching</b> Whether you want to work on one area of your health or many, your health coach can help you:</p> <ul style="list-style-type: none"> <li>▪ Eat better</li> <li>▪ Manage stress</li> <li>▪ Get in shape</li> <li>▪ Quit smoking</li> <li>▪ Lose weight</li> </ul>	\$50	Employee & Covered Dependents, over the age of 18	<p>Go to <a href="http://www.aetnavigators.com">www.aetnavigators.com</a>. Log in to your secure member website. Then, select the <a href="#">Simple Steps To A Healthier Life®</a> link to get started.</p> <p>Complete the Health Assessment and agree to be contacted by a Healthy Lifestyle Coach.</p> <p>A program reward is sent after a Kick off session, General Assessment Session and One Personalized Coaching session.</p>
<p><b>Beginning Right</b> Maternity Management Program</p>	\$150	Employee & Covered Dependents	<p>Go to <a href="http://www.aetnavigators.com">www.aetnavigators.com</a>.</p> <ul style="list-style-type: none"> <li>• Register/sign-in under the “Member Login” from the left navigation menu OR call 800-CRADLE-1</li> <li>• Complete the <a href="#">Pregnancy Risk Survey</a> under Benefits – Health Programs – Pregnancy.</li> </ul> <p>Survey must be completed within the first 16 weeks of pregnancy to be eligible for the incentive.</p>

- **HRA Account credit will appear approximately 14 days after completion of program activity or after preventive care or cancer screening claim is received and processed. HSA credit may take up to 30 days.**
- **Biometric Screening credit may take up to 6 weeks to post to your account.**

**Maximum Incentive Dollars per Year – \$500 Employee Only / \$1,000 Family\***

\* \$500 per person limit – except Employee + Child(ren) coverage. For those enrolled in this coverage, to receive incentive credit over \$500, you must complete and submit the Employee + Children Coverage Form. The form is located on [www.aetnahospira.com](http://www.aetnahospira.com). Click on Wellness Rewards in the left hand menu to download the form.