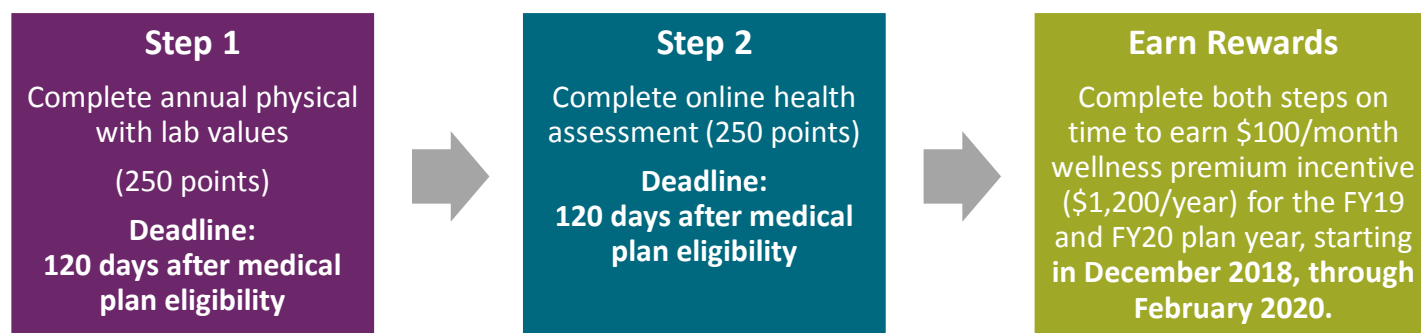




## HEALTHY@HARRIS PREMIUM REWARDS PROGRAM NEW HIRES AND NEWLY BENEFITTED BETWEEN 5/1/2018 AND 8/31/2018

### PARTICIPATE WITHIN 120 DAYS OF MEDICAL PLAN ELIGIBILITY TO KEEP CURRENT DISCOUNTED MEDICAL PREMIUM

This document is your road map for FY19 and FY20. Follow along and make your journey to wellness even more rewarding: you can earn \$100 per month in premium incentives. **PLEASE NOTE: If you have a covered spouse on the Harris Health Medical Plan, both you and your spouse must each complete the program to be eligible for the \$100 per month in premium incentives.** If only one person completes the program, then the premium reward will be \$50 per month. Premium incentives are effective the first paycheck following your 120-day deadline, through the end of February 2020.



STEP 1– Complete an annual physical with lab values – Must Complete	Points
Complete an Annual Physical with Biometric Values	250 Premium Points
NOTE: Your verified biometric values can help you achieve additional Premium Points (shown in Step 3) by using a Cigna preferred lab (LabCorp, Quest, Kelsey Facility and more) or by submitting a Wellness Screening Form with biometric values, located at <a href="http://www.mycigna.com">www.mycigna.com</a> .	
STEP 2 – Complete online health assessment-Must Complete	Points
Complete the MyCigna Health Assessment	250 Premium Points

A preventive physical enables you and your physician to identify any areas where you may wish to improve your health and well-being. Your medical information and results from the annual physical will not be shared with Harris Health. Harris Health will only be given aggregate population health data for the sole purpose of developing, implementing, and evaluating the wellness program, participation, and incentive information as necessary to comply with IRS regulations. Otherwise, all personal medical information will be protected under the HIPAA Privacy Rule. If you wish to view a copy of the Cigna privacy notice, please visit: [mycigna.com](http://mycigna.com).

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 713.566.4391 or 346.302.4248 or via email at [HarrisHealth@Cigna.com](mailto:HarrisHealth@Cigna.com) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.