

Appriss Wellness Program FAQ

Please read both pages. If you have any additional questions, reach out to your HRBP or apresnell@appriss.com.

Program Dates

The Wellness Program will start 9/1/18 and close 11/2/18. All activities for the program **MUST** be completed within this timeframe to earn incentives.

When will I get login information?

Login information will be sent via email on 9/1/18.

Who can/should participate?

Employees and Spouses active on an Appriss Medical Plan on 9/1/18 will be eligible to participate in the 2018 Program. Those wanting to receive a Wellness Subsidy and avoid a Tobacco Surcharge in the 2019 plan year should participate.

What if I enroll in Medical after 9/1/18?

Those enrolling and active after 9/1/18, including new hires and newly elected medical during open enrollment, will complete their program starting 1/1/19.*

*Employees active after 9/1/18 will automatically receive the wellness subsidy in 2019 and avoid the surcharge, for self and spouse for the first 90 days. You will have 90 days to complete the program from 1/1/19. Failure to do so will result in no subsidy and a surcharge.

What are the activities?

There are now two programs related to receiving either a subsidy or surcharge. They are outlined in the chart below.

Activity	Reward
Biometric and Member Health Assessment	Subsidy
Tobacco	Avoid Surcharge

What is the Member Health Assessment(MHA)?

The MHA consists of questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. You can complete your MHA within SimplyWell once we go live.

Why is a Biometric Screening important?

Biometric Screenings will be offered at most office locations onsite this year. These screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI), and waist measurement.

If you are unable to attend a Biometric Screening event, you may fulfill the screening requirement by visiting your physician* and completing a physician form or by visiting a Quest Diagnostics® Patient Service Center.

*Cost associated with Primary Care Physician will not be covered by Appriss

When are the Onsite Events?

- Linn Station (Oct. 25th, 26th, 27th, 29th, and 30th)
- Torrance (Oct. 29th)
- Irvine (Oct. 29th)

Can Appriss see the results of my MHA, Biometric, or Tobacco?

No, HR will only receive a summary document detailing whether the activity was completed. This will allow us to load the subsidy or surcharge on your benefit profile. We are unable to see any detailed results or findings from your activities.



Where/when do I sign up for Biometric?

Biometric signs ups for all options, including Quest center/Primary Care, will be completed on the Quest portal. More information to come.

Tobacco

Whether you're a tobacco user or tobacco-free, you have a tobacco requirement as part of your wellness program.

→ **Non-tobacco Users:** Complete the Tobacco Affidavit within SimplyWell Portal.

→ **Tobacco Users:** Complete the tobacco Reasonable Alternative requirements within SimplyWell Portal.

What are the Reasonable Alternative Requirement for Tobacco User?

Reasonable alternative requirement is a tobacco free education program within the SimplyWell Portal. Tobacco users can complete at their own pace to avoid the surcharge.

What is a Subsidy/Surcharge?

→ Subsidy is additional earnings for those who complete the Wellness Program to assist with Medical cost. This will be processed as additional earnings within payroll.*

→ Surcharge is an additional charge for those who do not complete the Tobacco Requirements. This will be processed as an additional deduction within payroll.

*Our Clinic Access and Tech. Supp. Spec. subsidies will continue in 2019 for those eligible

When is my reward received?

2018 earned rewards will be received on 2019 premiums starting 1/1/19.

Do both Employee and Spouse have to complete?

Yes, in order to receive your full reward, you and your spouse must complete the program requirements. If you complete the program requirements, but your spouse does not, you will only receive a portion of the reward. Same goes for if your spouse completes the program and you do not.

How do I get the Subsidy?

To receive the full wellness subsidy for the 2019 calendar year, the Biometric and MHA **MUST** be completed by 11/2/18.

How do I avoid the Surcharge?

To avoid the full tobacco surcharge for the 2019 calendar year the Tobacco Affidavit **MUST** be complete for non-tobacco users or the reasonable requirement for tobacco users. Must be completed by 11/2/18.

What are the rates/subsidies/surcharge amounts?

Rates, subsidies, and surcharge amounts will be released during open enrollment. Rates and subsidies will follow previous year buildouts.

When is open enrollment?

More information to come.

What is the 2019 Wellness Program?

More information to come.

