



Save money on health care!

Complete your 2016 Wellness Requirements

To earn an incentive, employees (including retired individuals and those covered by COBRA) must complete the three requirements below by September 30, 2016.

“What incentive can I earn?”

- + All non-HDHP plans:
\$100 discount per person on your deductible (up to \$300 for family plans)
- + HDHP plan:
After your deductible is met, you will pay **10% less** on all in-network care

“What are my requirements?”

- + Designate a Primary Doctor
- + Complete the Wellness Assessment (HRA) online
- + Complete a biometric screening and enter your results online

There are three ways to complete your biometric screening:

A Visit your Primary Care Physician. The screening must occur between April 15, 2015 and September 30, 2016. Please be sure to enter biometric results on the incentive checklist by the September 30, 2016 deadline.

B Contact your school to see if they are hosting an onsite screening. If so, please be sure to enter biometric results on the incentive checklist by the September 30, 2016 deadline.

C Visit your local county health department for a biometric screening. This specific screening is covered at 100%, up to \$75.

DID YOU COMPLETE THE 2015 WELLNESS PROGRAM?

If you completed the wellness requirements in 2015 and earned the 2016 incentive, no action is required to complete the program this year. Your 2017 incentive will be applied automatically.

If you have questions about your 2015 status, call your Care Coordinators—we’re here to help.

>> 1-855-452-9997

Get started

Starting May 1, 2016, the website will be available to enter your information and/or complete your requirements. Visit www.eitrust.org and click the Egyptian Trust Care Coordinators by Quantum Health logo. Then, under Health & Wellness, click “Your Incentive Checklist,” log on or register for an account, and follow the instructions to complete your requirements.

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Contact your Care Coordinators on the phone, online with chat or on the go with our mobile app. To download our mobile app—just search for the app name “Your Care Coordinators.”

www.eitrust.org | 1-855-452-9997

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