



# Health Benefits

*Together*, we are working toward a *healthier community*



## 2023 WELLNESS PLAN ACTIVITIES

**The Wellness Plan has several important benefits. First, it helps you and your enrolled spouse work with your medical providers to get and/or stay healthy. Second, it saves you money on your healthcare. Third, it will save money for the State in the long term by focusing our healthcare dollars on prevention. It's your choice whether or not to participate, but there are advantages to doing so.**

### You Save Money by Participating!

Employees, non-Medicare eligible retirees and spouses who are enrolled in a medical plan are eligible to participate. When you and your enrolled spouse complete the wellness activities of completing a health survey and confirming your PCP in 2023, all of your visits to your PCP are free from your completion date through 12/31/2024. **New for 2023**, you could also receive a reduction of up to \$10 for your specialists copay until the end of the 2024 calendar year by getting one or more of the screenings listed on page 2 plus a vision screening. *Please note: Kaiser Permanente rewards do not include reduced specialists copays.*

### What if I don't want to participate in the Wellness Plan?

The Healthy Activities are entirely voluntary and free to you. Should you choose not to participate, all copayments will be applied by physicians at the time services are rendered. See the Schedule of Benefits for your plan details.

### Take Advantage of These Additional Wellness Benefits

- Reimbursement of weight loss program monthly membership fees (up to \$150 per calendar year).
- No-cost **Make the Call/Take the Call Wellness Coaching** available under all medical plans to help you reach health goals.
- No-cost Weight Management, Tobacco Cessation, Financial Wellbeing and Emotional Wellbeing Programs.

### Get Started – The Sooner You Complete the Wellness Activities the Sooner you Start Saving!

All employees, non-Medicare eligible retirees, and non-Medicare eligible spouses need to create their own individual online account the first time they visit their medical plan's website. **If you have already created an account, you do not need to set up a new account.**

#### To Create a New Account and Next Steps– CareFirst Enrollees

1. To get started, visit <https://www.carefirst.com/statemd> and follow the instructions to set up *MyAccount*.
2. Once your account is set up, click *Explore Now* in the wellness program pop-up message. You'll need to enter your Carefirst *MyAccount* user name and password and complete the one-time registration with Carefirst Wellbeing.
3. Access your Wellness Program from the web or download the Carefirst Wellbeing app. If you require assistance with the wellness program or completing any activity, call Carefirst Wellbeing at 877-260-3253.

#### To Create a New Account and Next Steps– Kaiser Enrollees

1. Login or Register at <https://myhealth.kp.org/maryland/>
2. To begin the process, click on "Wellness Program Information." You can find this in a blue box on the right-hand side of the page. There you will find all of the information needed to participate in the wellness program.
3. Make sure to sign the HIPAA Wellness Agreement.

#### To Create a New Account and Next Steps– United Healthcare Enrollees

1. Go to [myuhc.com](http://myuhc.com). Click "Register Now" and follow the prompts.
2. Proceed to "Health Resources" tab.
3. Register for Rally by following 3 simple on-screen steps. You will choose an avatar and username to participate in online communities and other activities. Your username should be fun and memorable, but NOT your real name.
4. Complete the Rally Health Survey.
5. Go to the Rewards tab to confirm that you have a PCP and to find all the information you need to participate in the wellness program.

## Find Out More About What the Wellness Program Offers!

Go to the Employee Benefits Wellness website at <https://dbm.maryland.gov/benefits/> and click on the Wellness tab for more information and to access monthly health promotion topics, a webinar library, and many more wellness resources. Complete one of the recommended screenings to receive a \$5 reduction in specialists copays. Complete an annual eye exam for a \$5 reduction in specialists copays. Complete both for maximum reduction of \$10.

| WELLNESS PROGRAM ROUTINE SCREENINGS 2023  |  |   |   |   |
|---|--|---|---|---|
| SCREENING   | 18-29 YEARS  | 30-39 YEARS   | 40-49 YEARS   | 50+ YEARS   |
| <b>ROUTINE CHECKUP</b> <ul style="list-style-type: none"> <li>Personal history</li> <li>Blood pressure</li> <li>BMI</li> <li>Physical exam</li> <li>Comprehensive metabolic blood panel including LDL/HDL, hemoglobin A1C, CBC</li> </ul> | Annually   | Every 1-3 Years, depending on risk factors  | Every 1-3 Years, depending on risk factors  | Annually  |
| <b>BREAST CANCER (Women)</b>  | Annual Clinical Breast Exam  | Annual Clinical Breast Exam   | Annual Clinical Breast Exam<br><b>And</b><br>Annual Mammography   | Annual Clinical Breast Exam<br><b>And</b><br>Annual Mammography   |
| <b>CERVICAL CANCER</b>  | Initial Pap Test at 3 years after first sexual intercourse or by age 21. Then, every 1- 3 years per clinician  | Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results) | Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results) | Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results) |
| <b>COLORECTAL CANCER</b>  |  |   |   | Colonoscopy at age 50, then once every 10 years<br><b>Or</b><br>as recommended by your physician                        |
| <b>DIABETES – TYPE 2</b>  |  |   | Beginning at age 45:<br>Every 3 years or more often at discretion of physician  | Beginning at age 45:<br>Every 3 years or more often at discretion of your physician                                     |
| <b>TETANUS, DIPHTHERIA IMMUNIZATION</b>   | 3 doses if not previously immunized.<br>Booster every 10 years (one booster should be with Adult dTap vaccine) | 3 doses if not previously immunized.<br>Booster every 10 years (one booster should be with Adult dTap vaccine)          | 3 doses if not previously immunized.<br>Booster every 10 years (one booster should be with Adult dTap vaccine)          | 3 doses if not previously immunized.<br>Booster every 10 years (one booster should be with Adult dTap vaccine)          |