



July 1, 2016

**To: City of Raleigh Plan Participants**

The City of Raleigh Benefits Division in partnership with Rex Hospital is offering all medical plan participants the Annual Wellness Assessment (AWA). The AWA consists of a tobacco attestation statement, an online health assessment, biometrics screenings, and individual health coaching. Eligible employees are encouraged to participate in this beneficial and confidential program. The goal of this program is to promote better health as it relates to lifestyle management, disease management and disease prevention management. **Therefore, by participating in the Annual Wellness Assessment including attesting to no tobacco use or completing the tobacco cessation program (TBA) will qualify you for a premium discount:**

<u>Eligible Components</u>	Effective Date: January 1, 2017	
	Plan A	Plan B
Completed Online HRA & Biometric Screening Participation	\$40	\$35
Attest Tobacco-Free or Agree to participate in a Certified Tobacco Cessation Program.	\$40	\$35
<b>Total Incentive</b>	<b>\$80</b>	<b>\$70</b>

**Note:** The above incentives apply to the “Wellness Compliant premium rates” for Plan A. To be “wellness compliant”, you must complete the AWA process and affirm that you DO NOT use tobacco products OR you must complete the certified Tobacco Cessation program, when it is offered by the City.

**The AWA implementation phases:**

- **Phase I (August 1- September 1, 2016):** Employees will complete an **online health assessment** which includes the **tobacco attestation statement** before attending a **biometric screening -OR-** complete an online health assessment, submit biometrics from their healthcare provider at an onsite screening, and receive an individualized coaching session.
- **Phase II:** Employees will be offered classes to gain additional support and assistance in setting and reaching personal health goals identified in Phase I through aggregate data provided by Rex Hospital.

**The AWA Process:**

- Complete the online health assessment, tobacco attestation statement, participate in a biometrics screening and complete a coaching session **-OR-**
- Complete the online health assessment, submit biometrics from your healthcare provider dated from **July 17, 2015-September 1, 2016** at a screening site and participate in a coaching session.

**Tobacco Attestation:**

- Everyone **must complete** the Tobacco Attestation Statement  
You must affirm one of the following:
  - I DO NOT presently use tobacco products and will not use tobacco products during my coverage under the City of Raleigh’s Health Insurance Plan.
  - I DO currently use tobacco products, but understand that in order to receive the incentive, I must complete the Tobacco Cessation Program offered through the City of Raleigh. I also understand

that if I fail to complete the certified Tobacco Cessation Program when offered, it will result in automatic loss of the applicable discount, in respect to the plan I have chosen.

- I DO currently use tobacco products and I acknowledge that I have no desire to participate in a Tobacco Cessation Program. I understand that I WILL NOT be eligible for the applicable premium discount, in respect to the plan I have chosen.

<sup>1</sup>. **\*\*You must complete your online Health Risk Assessment BEFORE attending a screening event!\*\***

*No paper copies will be available.*

<sup>2</sup>. Employees should attend their scheduled times and locations to complete the HRA process. *If you are unable to attend your scheduled HRA screening, you must make plans to attend another.* You may contact the Human Resources Department at (919) 996-3315 if you have any questions or require additional information.

<sup>3</sup>. **FASTING:** Please do not consume any food or beverages with the exception of water 9-12 hours prior to your biometric screening. You should also consult with your healthcare provider to determine if fasting is appropriate for your health concerns and/or if you should continue your prescription medication while fasting.