



July 1, 2016

To: City of Raleigh Retirees:

The City of Raleigh Benefits Division will offer the **Annual Wellness Assessment (AWA)**. We have partnered with Rex Healthcare and encourage you to make a commitment to your own health by participating in the AWA. Your answers and results are completely confidential and your individual results will not be viewed by anyone other than yourself and Rex Healthcare. The goal of this program remains to promote better health among our retirees as it relates to lifestyle management, disease management and disease prevention. **Therefore, by participating in the AWA process and attesting to no tobacco use *or* completing the tobacco cessation program (TBA) you may qualify for a premium discount.**

Plan A – Effective January 1, 2017	
Completed Online Health Risk Assessment & Biometric Screening Participation	\$40
Attest Tobacco-Free or Agree to Participate in a Certified Tobacco Cessation Program	\$40
Total Incentive	\$80

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)** – Retirees must complete an **online health assessment**, which includes the **tobacco attestation statement**, before attending a **biometric screening -OR-** complete the online health assessment and bring their biometrics from their healthcare provider, and receive results and an individualized coaching session.
- **Phase II:** Retirees 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 Healthcare.

The AWA Process:

Medical Plan Option A:

By Mail: First complete your online Health Assessment; obtain biometrics from your healthcare provider dated from July 17, 2015- September 1, 2016 and mail to Rex Wellness with the envelope provided in your packet.

On Site: First complete the Health Risk Assessment online, bring your completed biometrics form provided in your packet from your healthcare provider *or* participate in the onsite screening, and receive an individual coaching session. ***Make sure your medical provider has signed the provided biometrics form before mailing to Rex Wellness or attending an AWA screening. Otherwise, you will have to go through the entire screening process when you arrive.**

• **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.

NOTE: If you have Medical Plan Option A and you chose not to participate in the HRA process, you will pay the applicable contribution or you will have an opportunity to elect the Medical Plan Option B during the annual open enrollment period.

Medical Plan Option B:

Option B is free to retirees for "Employee Only" coverage.

NOTE: If you are enrolled in Medical Plan Option B or will be enrolling in the Medical Plan Option B at open enrollment, you are **not** required to participate in the AWA process and you are **not** required to complete the smoking attestation statement. However, you are highly encouraged to participate in the AWA process so that you will know your results and plan for follow-up if needed. **Keep in mind if you are currently enrolled in Plan B and plan to switch to Plan A, you MUST participate in the AWA process which includes attesting that you do not use tobacco products OR you must complete the tobacco cessation program (TBA) to receive the premium incentive. More information will be announced soon regarding this program.**

Please feel free to attend any one of the scheduled times and locations for your biometric assessment.

1. **You must complete your online Health Risk Assessment BEFORE attending a screening event!**

No paper copies will be available.

2. 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.

If you have any questions or require any additional information please contact the Human Resources Department at (919) 996-3315.