

To: All Hardin County School Employees who participate in any Hardin County Health Insurance Plan

GOOD NEWS!

The Hardin County Schools Insurance Consortium is pleased to announce the Healthy Schools 2015 points incentive system. **Earn 33 points** and you will earn a \$175 health insurance premium credit or contribution to your Health Savings Account ("H.S.A."). If you are on a family plan, you and your spouse (maximum of \$350) are eligible.

Only 33 points to a Better You! **Same points as 2014!**

How do I submit my points?

1. See the attached form for **18** possible areas to obtain points.
2. From November 1, 2014 to October 31st, 2015, participate or complete any of the possible attached opportunities. Circle all applicable areas in which you participate and complete.
3. For all areas that you would like to receive credit, please provide supporting documentation, including:
 - Flu Vaccine receipt from pharmacy or doctor
 - Signed non tobacco user affidavit, attached
 - Three (3) month printout for online fitness and calorie tracking (**SUMMARY REPORT ONLY**)
 - Wellness screening / mammogram / pap test, etc. EOB from Med Mutual or receipt from doctor. The EOB or receipt **MUST** state "mammogram" or "pap smear" or "colonoscopy" or "**PSA test**"
 - Dental / vision / physical exam receipt from doctor
 - Fitness event proof, minimum of a 5K, i.e. 5k receipt or **dated** bib or certificate
 - Weight Watchers receipts for at least 3 months.
 - Proof of Health Assessment on Medical Mutual website (www.mmoh.com), **1st page only**
 - ETC..... This list is not all-inclusive.
4. Total your points before October 31st. **Your documentation must be in order and numbered according to the point system sheet.**
5. Turn in your Point Opportunity Worksheet (with your total points) and all supporting documentation into your **Treasurer's Office by November 1, 2015. No past due packets will be accepted.**

Special Notes on Point Opportunities:

1. For #2, Participation in Health Screening Annually. If you participate in the Hardin County Health Screening at the School, no documentation is needed. The Treasurer will verify your points with the Hardin County Consortium.
2. For #10, Completion and proof of Health Assessment tool- MMO. This is a Health Assessment tool on the Medical Mutual website, www.mmoh.com. You will need to set up a MMO account for yourself and log-in in order to see the Health Assessment on the right hand side of the front page. **After completion, only the first page should be printed.**

What happens after November 1st?

1. The Wellness Committee of the Hardin County Insurance Consortium will meet and verify all points.
2. Each participant that meets the 33 required points will receive \$175 health insurance premium credit in their December paycheck. (More money in your pocket at Christmas time!)
3. If you participate in the H.S.A., \$175 will be added to your Wells Fargo savings account in December or January as an employer contribution. (up to \$350 for both employee and spouse)

Do you have a suggestion for an additional healthy point opportunity? Please let your Treasurer's office know. We want this to be fun and easy to follow to save employees money and help improve the health and the overall well-being of all Hardin County school employees.

Let's Have Fun and Get Healthier in 2015!

REMEMBER: POINT SHEETS AND NUMBERED DOCUMENTATION ARE DUE NOVEMBER 1, 2015 TO YOUR SCHOOL TREASURER!! (PLEASE KEEP DOCUMENTATION IN NUMERIC ORDER)

**2015 Healthy School Point System (November 1, 2014 to October 31, 2015)
Incentive Paid out December 2015 via payroll department of each district**

	Point Opportunity <i>(Circle all applicable)</i>	Points per occurrence	Maximum allowed
	1. Flu Vaccine	2	2
	2. a) Participation in Health Screening Annually, includes: Cholesterol, triglycerides, HDL, LDL, hemoglobin, A1C, CBC, Blood Pressure	5	5
NEW!	b) Cholesterol level less than 200	2	2
	3. Sign and submit non tobacco user affidavit	3	3
	4. Participate & completion of Doctor Supervised Smoking Cessation Program or MMO Quitline Program	6	6
Change!	5. Participation in online fitness & calorie tracking for example: My Fitness Pal, Livestrong, Fitbit or Daily Burn (must submit minimum of 3 months participation data summary for 3 points or 6 months for 6 points)	3	6
	6. Completion of a wellness screening (i.e. mammograms, pap smear, prostate, colonoscopy)	5	10
	7. a) Participation in Weight Watchers Program (must submit receipt for minimum of 3 months) OR	3	3
	b) Participation in a doctor-confirmed weight loss program, minimum of 10 weeks	3	3
	8. 10% body weight loss, health care provider certified OR a BMI in a normal range, health care provider certified	4	4
	9. Participation in health or fitness club/class/school program (must submit minimum of 3 months participation data)	5	10
	10. Completion and proof of Health Assessment tool-MMO	3	3
	11. Preventative, Semi-Annual Dental Exam	3	6
	12. Vision Exam	3	3
	13. Physical Exam by Doctor-Annually	5	5
Change!	14. Proof of participation in organized/sponsored fitness event (benefit run must be a minimum of 5K; dated bib or certificate needed)	3	6
Change!	15. Nutrition & or wellness class	3	3
	16. Use 5 or less sick days (Nov 2014 – Oct 2015)	1	1
	Total Points	_____	_____
	NAME: _____		

Must obtain 33 points per claim and supporting documentation must be included

Single Policyholders eligible for \$175.00 Health Insurance Premium Credit (Submission of 1 claim)

Family Policyholders eligible for \$350.00 Health Insurance Premium Credit (Submission of 2 Claims, EE & Spouse only)

*NOTE: If it unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, please contact the Treasurer's office and we will work with you to develop another way to qualify for the reward. Physician verification may be required.