

The Hopkins County Wellness Incentive program offers covered employees the opportunity to learn more about their current health status and to work toward improving their health. From preventive exams to free programs that help you quit tobacco, Hopkins County and Texas Association of Counties Health and Employee Benefits Pool (TAC HEBP) are helping employees take charge of their health and build a brighter future.

HOPKINS COUNTY WELLNESS INCENTIVE PROGRAM

From Oct. 1, 2019 through July 31, 2020, employees covered on the county's health plan have an opportunity to participate in the wellness program to avoid surcharges applied to their 2020-2021 medical insurance premium. Lack of participation in the wellness program could result in up to \$600 in surcharges between Oct. 1, 2020 and Sept. 30, 2021. To avoid the surcharges, you must complete the following activities listed in the table below.

The wellness program is optional, and employees are not required to participate in order to be covered under the Hopkins County health benefit plan. However, employees who opt out of the wellness program will pay up to a \$50 monthly surcharge (up to \$600 annually) toward their health plan costs between Oct. 1, 2020, and Sept. 30, 2021.

Wellness Activities	Reward for Completion
Obtain an Annual Physical Exam	AVOID \$25 monthly health benefits surcharge
Complete Tobacco Certification. Tobacco users, complete Tobacco Cessation coaching as well.	AVOID \$25 monthly tobacco surcharge
Log 8 visits at a participating BCBSTX Fitness Program Gym	Receive a \$25 gym reimbursement for each month the visit requirement is met.

AVOID \$600 IN SURCHARGES IN TWO STEPS

Covered employees who complete the wellness program by July 31, 2020, will avoid the **\$600 annual surcharge** on their 2020-2021 health plan premiums from Oct. 1, 2020 – Sept. 30, 2021. The county will continue to pay 100% of the employee-only monthly contribution for medical coverage if an employee completes the program requirements, which are described in this brochure. **If your county health coverage starts on or after April 1, 2020, you are not eligible to participate in the county's incentive program this plan year and no surcharges will apply.** If you opt out of the wellness program, up to a **\$50** monthly surcharge toward your health plan benefits will be payroll deducted from Oct. 1, 2020, to Sept. 30, 2021. Here is how to save **\$600** next plan year:

TAKE ACTION – Obtain an annual physical exam at no cost from your primary care physician by July 31, 2020.

AND – Certify as Tobacco User or Non-User by July 31, 2020. Tobacco users must complete 12-week online tobacco cessation program by July 31, 2020. The Tobacco Cessation course will be available Jan. 1, 2020.

1 OBTAIN AN ANNUAL PHYSICAL/WELLNESS EXAM

Rather than treating a condition after it has progressed, preventive care aims to prevent disease. Getting an annual checkup is important to maintaining good health and preventing disease and should be an integral part of anyone's health care routine. During an annual preventive exam, the doctor will focus on helping you maintain proper health by incorporating a healthy lifestyle and may recommend preventive care steps and goals depending on your overall health, family history, gender and age. The exam must be billed by your provider as wellness/preventive to receive completion credit for this activity. Physician visits for lab work only do not meet the requirement for the Wellness Incentive Program.

PREVENTIVE EXAMS COVERED AT 100 PERCENT

Annual exams are covered at 100% and are not subject to co-pay unless additional health concerns are addressed at the time of visit, which will prompt an office visit co-pay. Complete your annual exam by July 31, 2020 to avoid a **\$25** health benefits surcharge.

② CERTIFY AS A TOBACCO NON-USER OR USER

Hopkins County's Tobacco User Certification program requires ALL employees enrolled in the county's health benefit plan to complete an online tobacco affidavit to certify as a Tobacco User or a Tobacco Non-User by July 31, 2020, **or pay a monthly surcharge of \$25.**

Employees who certify as a Tobacco User can avoid the **\$25** monthly premium by completing a Tobacco Cessation Program as described below. **The Tobacco Cessation program will be available beginning Jan. 1, 2020 and must be completed by July 31, 2020.** Employees who certify as a Tobacco User and do not complete a Tobacco Cessation Program before July 31, 2020, will pay a monthly surcharge of **\$25** beginning Oct. 1, 2020. Tobacco products include, but are not limited to cigarettes, cigars, pipes, chewing tobacco, dip, snuff and all of the forms of smoke-less tobacco and any other smoking devices that use nicotine.

Instructions to complete the Tobacco Certification form:

1. Go to www.county.org/sonicboom.
2. Click on the Rewards tab at the top of page.
3. Under Choose Program, select Hopkins County.
4. Click on the Tobacco Certification link and complete form.

TOBACCO USERS: COMPLETE THE ONLINE TOBACCO CESSATION PROGRAM AVAIL. JAN. 1, 2020

The online tobacco cessation program consists of weekly lessons that guide you through the process of quitting tobacco permanently. Each lesson combines current evidence and practical actions steps. **The Tobacco Cessation course will be available beginning Jan. 1, 2020 and must be completed by July 31, 2020.**

To enroll in the online tobacco cessation program (avail. Jan. 1 2020):

1. Log into mybenefits.county.org
2. Scroll to the **My Vendors & Other Sites** section
3. Click the **Go to Blue Cross Blue Shield Member Site** link
4. Click the **Well onTarget** link located under the **Quick Links** section
5. In the Well onTarget portal, click the **Menu Drop Down List**
6. Click **Self-management Programs**
7. Choose **The Quitting Tobacco Program** and enroll

To view your Certificate of Completion for the tobacco cessation program:
Follow steps 1-5 from above
Click **Certificates**

ARE THERE OTHER OPTIONS?

If it is unreasonably difficult for you to complete any of the health activities due to a medical condition, or if it is medically inadvisable for you to complete such requirements, please email healthycounty@county.org no later than July 31, 2020.

HOW CAN I CHECK IF I'VE COMPLETED THE WELLNESS INCENTIVE PROGRAM REQUIREMENTS?

Employees can verify their completion of the Hopkins County Wellness Program by logging into their Sonic Boom account at www.county.org/sonicboom, clicking on Rewards and selecting Hopkins County under "Choose Program."

TIPS FOR SCHEDULING YOUR ANNUAL PHYSICAL EXAM APPOINTMENT

- Schedule your appointment with a network provider early so you don't risk missing the July 31, 2020, deadline.
- Ensure your selected provider is a network provider under the BlueCross BlueShield of Texas (BCBSTX) Blue Choice PPO Network.
- Use the Provider Finder at www.bcbstx.com or log into <https://mybenefits.county.org>, select the Find a Provider link located in the BCBS featured card.
- Inform the doctor's office appointment staff that you are scheduling your annual wellness checkup.

***New hires: If your county health coverage starts on or after April 1, 2020, you are not eligible to participate in the county's incentive program this plan year and no surcharges will apply.**

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RESOURCES

- Healthy County website — Details about available wellness programs and resources, wellness challenges and much more: www.county.org/healthycounty
- Healthy County Portal energized by Sonic Boom website: www.county.org/sonicboom
- TAC HEBP Single Sign On website: mybenefits.county.org
- For questions about your benefits or to find an in-network provider, please contact: Blue Cross and Blue Shield of Texas Customer Service at (855) 357-5228.
- If you have any questions related to the wellness incentive or wellness programs administered by the TAC HEBP, contact Sonic Boom Customer Service at support@sbwell.com or (877) 766-4208.
- For registration, password or login problems with Blue Access for Members — Contact the BCBSTX Technical Help Desk toll-free at (877) 806-9380, Monday-Friday, 7 a.m.– 9 p.m. CST, email support@onlinehealth.com, or click on the “Contact us” link located on every page within Well onTarget.

RECEIVE A MONTHLY GYM REIMBURSEMENT

Employees who participate in the BCBSTX Fitness Program can receive a \$25 reimbursement for each month they meet the visit requirement below:

- Log 8 visits at a participating BCBSTX Fitness Program Gym each month to receive the monthly reimbursement.

BCBSTX Fitness Program Costs

- One-time \$25 enrollment fee
- \$25 per member per month, no contract

Please contact the Hopkins County HR Department to participate in the county gym reimbursement program.

ENROLL IN THE BCBSTX FITNESS PROGRAM ONLINE OR BY PHONE

Online:

1. Log into mybenefits.county.org.
2. Scroll to the My Vendors & Other Sites section.
3. Click the Go to Blue Cross Blue Shield Member Site link.
4. Click the Fitness Program link located under the Quick Links section.
5. Click Enroll Now.

By Phone:

1. Call (888) 762-2583, Monday through Friday 7 a.m.–7 p.m. CST

HOW TO FIND A GYM

1. Log into mybenefits.county.org.
2. Scroll to the My Vendors & Other Sites section.
3. Click the Go to Blue Cross Blue Shield Member Site link.
4. Click the Fitness Program link located under the Quick Links section.
5. Click Search Locations.

ABOUT THE BCBSTX FITNESS PROGRAM

The BCBSTX Fitness Program offers flexibility, convenience and ease for just one low monthly fee. Members have access to a nationwide network of more than 10,000 participating facilities so they can work out whether traveling, at home or at work. Other features of the BCBSTX Fitness Program include:

- Online enrollment and tracking
- Automatic monthly payment withdrawal
- No long-term contract required — pay only \$25 per member per month
- Access to discounts through a nationwide Complementary and Alternative Medicine (CAM) network of 40,000 health and well-being providers such as massage therapists, personal trainers and nutrition counselors



TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL