

2020

WELLNESS

Incentive Program

Newsletter

Port
Authority

"Health is a state of body.
Wellness is a state of being."

J. Stanford

Dear Port Authority Employee:

The Port Authority recognizes that due to the COVID-19 pandemic there has been a great deal of stress and uncertainty. It is also a moment in time when the work we're doing is its most critical because most of the essential work cannot be done from home.

The Port Authority's Wellness Incentive Program along with the Wellness Committee acknowledges and will continue to support the wellbeing of our employees at this critical time. We understand that employees who have not done so, may have a difficult time scheduling routine physicals or their biometric screenings.

UPMC and Highmark have agreed to waive the routine physical and biometric screening requirements for 2020. Employees are encouraged to complete the online activities which includes the online Health Assessment, the tobacco attestation (smokers and non-smokers) and the tobacco cessation (smokers only) to qualify for the wellness incentive payment.

By electing to participate in these activities, you gain a better understanding of your health status and earn wellness incentive dollars back in your paycheck. **There is no cost to participate in the Wellness Incentive Program!**

Please note the platforms for UPMC and Highmark will continue to indicate that the physical and biometric screening is required although these activities have been waived. If you are uncertain of your credit please contact UPMC or Highmark at the member service number located on the back of your insurance identification card.

This newsletter is intended to provide an overview of the wellness activities that must be completed in 2020 to earn your 2021 wellness credit. For question regarding your wellness activities, please refer to the toll-free member service number on the back of your UPMC or Highmark ID card.

Sincerely,

Dana Barber

Dana Barber
Director, Benefits Administration

2020

WELLNESS

Port Authority



REVISED PROGRAM OVERVIEW

2020 Wellness Program Activities

<p>What do you need to do?</p>	<ul style="list-style-type: none"> • Tobacco Attestation Status (Attest if you are a tobacco user or smoke free) 	<ul style="list-style-type: none"> • Tobacco Cessation Program (If you attest to being a tobacco user in the last 6 months) 	<ul style="list-style-type: none"> • Health Assessment The Health Assessment (HA) is a confidential online survey designed about your current health status, medical history, and lifestyle. It is designed to increase your health awareness and help you learn how to maintain a healthier lifestyle.
--------------------------------	--	---	---

All activities must be completed by September 30, 2020 or you will not earn the wellness incentive credit.

Wellness Incentive Credit

- If you complete all of the activities by September 30, 2020 you will receive a lump sum wellness credit in your pay in January 2021. It will be noted on your paycheck as "Healthcare Wellness Credit."
- Employee only coverage will be awarded a \$200 wellness incentive credit.
- Employee plus 1 or Family Coverage will be awarded a \$400 wellness incentive credit.
- These wellness incentive amounts are the same whether you selected the Basic or Enhanced PPO plans with either Highmark or UPMC.
- In the case of married couples who are both active employees of the Port Authority, only the employee that retains the medical insurance is eligible to participate in the wellness incentive and will receive the credit in their paycheck.

NOTE: *The wellness credit will not be prorated in the event of a family status change. The wellness incentive credit does not reduce the amount of your deductible. It is a credit in your paycheck. Wellness credit is taxable income. If you have waived health care coverage, you are not eligible to receive the wellness credit.*

TOBACCO ATTESTATION & CESSATION

Tobacco Attestation - Employees participating in the Wellness Incentive Program will need to attest (certify) to their non-use of tobacco products by **September 30, 2020**. Tobacco products include cigarettes, e-cigarettes, cigars, chewing or pipe tobacco and any other tobacco products regardless of the frequency or method of use.

If you are a non-tobacco user you still have to attest or you will not receive the credit for this incentive. Please note that the questions regarding tobacco within the health assessment test are not the Tobacco Attestation. This is a separate requirement.

Tobacco Cessation Program - Employees who use tobacco are required to complete a Tobacco Cessation program in order to receive their wellness credit by **September 30, 2020**.

Your qualification for the wellness credit is not based on the outcome of the cessation program (i.e., whether or not you quit using tobacco); however, you must complete the cessation requirements outlined by your health care carrier's tobacco cessation program to receive credit. **Health information is confidential and never shared with the Port Authority.**

Important Update! Please Read!

Port Authority Wellness Incentive Program!



Due to the global COVID-19 pandemic, Port Authority has made changes to the wellness incentive program. Please see below for more information.

What's Changed?

Port Authority is waiving the requirement to complete the preventive exam & biometric screening activities. Now, instead of four activities, you now only have to complete two!

The remaining required activities are:

1. The RealAge Test

This 15 minute assessment helps you understand your RealAge compared to your calendar age and find out what you can do to improve your health. After you create your account or login, click the link to take your RealAge test.

2. Tobacco Activity

Self-Certify in Sharecare that you are Tobacco Free **OR**
Enroll in the Tobacco Free Coaching Program or Online Quit Guide

Both activities must be completed by **September 30, 2020** in order to earn the wellness incentive!

Register or login at mycare.sharecare.com

Follow the steps to create to create your Sharecare account if you have not already registered (have your Highmark member ID ready!):

1. Visit **mycare.sharecare.com** on your computer or mobile device.
2. Click on **Create an Account** near the bottom of the page.
3. Enter your information exactly as it appears on your Highmark member ID card.
4. Agree to the terms of use and authorization.
5. Click on **Create an Account**.

Questions? Contact Highmark Member Services at **1-800-241-5704** Monday-Friday from 9 a.m.- 5 p.m. for help finding providers, questions about your wellness program requirements or other benefit-related questions.

For Sharecare technical assistance such as login/password issues , please call Sharecare at **1-800-858-9063** Monday-Friday from 8 a.m.-11:59 p.m. and Saturday from 8 a.m.-9 p.m.

