

# Wellness Program

**AGC Health Benefit Trust** is proud to partner with Regence Blue Cross Blue Shield to continue the Trust's wellness program. Wellness programs are a common strategy to help combat preventable illness and chronic diseases, while simultaneously lowering risk and bending the cost curve to help keep health care costs down.

## **Are there incentives available to my company for promoting this program?**

**Yes!** The trust will offer up to a total of \$8.00 per employee per month (PEPM) Wellness Discount for those employers who complete the following:

- **If 25% of your employees have participated in the program by July 31, 2019** (that is, they have completed their preventative exam), you will earn a retroactive credit of \$8.00 PEPM off of your 2019 medical premiums for the entire group.
- **Employers who met minimum employee participation in the wellness program during 2018** will receive an upfront discount of \$3.00 PEPM off of their 2019 medical premiums. (Applicable employers will be notified by the Trust of their qualification)

## **What are the program requirements for enrolled employees?**

- Complete a preventative exam.
- Complete a profile on [www.regence.com](http://www.regence.com)

## **Who is eligible to participate?**

Employees and spouses/partners who are enrolled in the AGC Health Benefit Trust medical plan are eligible to participate.

## **Are there incentives being offered to employees and spouses/partners for participating?**

**Yes!** Employees who complete their preventative exam will receive a \$50 gift card. Spouses will receive a \$25 gift card.

## **How will my employees' participation affect my company?**

Health information collected from an employee's preventative care will not be used in a manner intended to penalize the member or the participating company.