



STATE HEALTH BENEFIT PLAN WELLNESS PLANS FREQUENTLY ASKED QUESTIONS

Q. What are the Wellness Promise requirements for the Wellness HMO, HRA and HDHP Plans?

- A.** You made a Wellness Promise on behalf of you (and your spouse if covered) to each:
- 1) Complete your online health assessment through your SHBP administrator (either Cigna or UnitedHealthcare),
 - 2) Obtain a biometric screening which includes: blood pressure, blood glucose, Cholesterol and body mass index.

Q. What are the biometric screening requirements and deadline?

- A.** You and your covered spouse are required to obtain a biometric screening by either attending a SHBP-sponsored onsite screening event or through an appointment with a physician. The deadline for obtaining the screening and submitting the results is June 30, 2012. Biometric screenings obtained through a physician will require the physician to complete the "physician screening form" and securely fax the form directly to Cigna or UnitedHealthcare. The physician screening forms are available online at www.mycigna.com, www.myuhc.com or www.myshbp.ga.gov. The deadline for receipt of the faxed physician screening form is June 30, 2012.

Note: Biometric screenings obtained by members or spouses on or after July 1, 2011 through an SHBP- sponsored onsite screening event or through a physician will qualify for the June 30, 2012 deadline, if the results are submitted and received by the June 30, 2012 deadline.

Q. Do I need to allow time for the lab work to be processed and for my doctor to complete and fax the form?

- A.** Yes. You should allow two to three weeks.

Q. Are my covered children enrolled in the Wellness Plan Option?

- A.** Yes. If you enrolled in a Wellness Plan Option your children will be covered under the Plan; however, they are not required to satisfy the Wellness Promise.

Q. What happens if I (or my covered spouse) do (does) not keep the Wellness Promise?

A. If either of you do not take the actions required under the Wellness Promise, you will not be allowed to enroll in a Wellness Plan Option for 2013 and will likely pay a higher monthly premium.

Q. Is there a penalty if I don't keep my Wellness Promise?

A. There is no penalty for the 2012 plan year, but you will not be allowed to enroll in a Wellness Plan Option for 2013.

Q. What are the advantages of being in a Wellness Plan Option?

A. Lower premiums and out-of-pocket expenses through co-pays, deductibles and maximum out-of-pocket limits

Q. What is the premium savings under a Wellness Plan Option?

A. The savings is 6% for Plan Year 2012.

Q. What is SHBP doing with the information collected from the biometric screenings?

A. SHBP administrators (currently Cigna and UnitedHealthcare), use this information to reach out to you if the screening results reveal that there are issues that should be addressed to improve your health. The personally identifiable information is considered "protected health information" and will not be shared with your employer. For more information, please refer to the SHBP Notice of Privacy Practices

Q. What if I have health issues, such as high blood pressure, will I still be able to participate in a Wellness Plan Option in 2013?

A. Yes. SHBP hopes that you will take steps to improve your health, but you will not be prevented from participating in a Wellness Plan Option in 2013 as long as you and your covered spouse fulfill the Wellness Promise requirements referenced above.

Q. Does my SHBP-sponsored onsite biometric screening count as my annual physical so that I earn \$100 in HRA credits?

A. No. You will need to get your annual physical from your in-network physician. To earn the additional \$100 in HRA credits, you must also complete the online health assessment (\$25 HRA dollar credit).

Q. How do I verify that my biometric screening results have been received by my SHBP administrator?

A. For UHC, you will go to <https://uhcrewards.healthinsight.com/shbp> and for CIGNA you will need to call the Customer Service Number on the back of your Member ID card. You should allow 60 days for processing and reporting of the results.