



Miami County Wellness
Become the Best You!

MIAMI COUNTY WELLNESS PROGRAM

The wellness program dates are **July 1, 2022, to June 30, 2023**. Premium savings and incentives apply to the upcoming benefit plan year (2023/2024). Wellness incentives will be paid by special payroll. **NOTE: You must be an active, benefit eligible employee, at the time the incentives are processed through payroll in order to receive such payment.**

Wellness program requirements:

Complete levels 1-3 to avoid level 4 premium increase.

<p>LEVEL 1 – <u>Biometric Screening</u> <i>Complete after July 1, 2022</i></p>	<p>Incentive \$25</p>
<p>LEVEL 2 – <u>Health Assessment</u> <i>Complete after July 1, 2022</i></p>	<p>Incentive \$50</p>
<p>LEVEL 3 – <u>Wellness Exam</u> <i>Complete between July 1, 2022, & June 30, 2023</i></p>	<p>Incentive \$75</p>
<p>LEVEL 4 – <u>Premium Savings</u> <i>Plan year 2023/2024</i></p>	<p>Non-participants will pay a higher premium \$40/paycheck or \$960/year</p>

****New employees:** *If your hire date is before January 1st, you are subject to wellness program requirements for premium savings for the 2023/2024 plan year.*

Optional wellness engagement incentive:

Incentive is a one-time payment of \$100

Optional engagement activity must be completed between July 1, 2022, and June 30, 2023

- ❖ Participate in a wellness event: health fair, blood drive, etc. *(submit proof of participation)*
- ❖ Participate in an organized race/walk *(submit proof of participation (photo, lanyard, medal) NOT just registration form)*
- ❖ Participate in a Smoking Cessation program *(submit proof of participation)*
- ❖ Participate in a Cigna Coaching Call *(submit proof of participation)*
- ❖ Participate in an EAP Webinar *(submit certificate of completion)*
 - Go to the EAP website www.EAPHelpLink.com enter code **KCLEAP5** and look for online seminars in the lower left-hand corner of the homepage.

If you have questions about the wellness program, please contact Linda Taylor in Human Resources, 913-285-6433 or ltaylor@miamicountyks.org.

Miami County, Kansas • 201 S Pearl St, Suite 200 • Paola, KS 66071

Phone (913) 294-9530 • Fax (913) 294-9163 • www.miamicountyks.org