



# HEALTHY HUBER INITIATIVE

Each year Huber provides you the opportunity to pay lower medical premium contributions by earning a wellness credit if you and your covered spouse satisfy the following three wellness qualifiers.

1. Tobacco-Free Family
2. Complete Annual Well Visit
3. Complete Cigna Health Assessment questionnaire, including your numeric values obtained from your doctor

Keep in mind, you **must** include your biometric information when completing the Health Assessment questionnaire. The Cigna Health Assessment is located under the “My Health Tab” on myCigna.com. The Health Assessment will take less than 15 minutes to complete. Use the form (*right*) to record these values during your annual well visit to ensure you obtain the necessary information needed to complete the Health Assessment. If you have a covered spouse, provide a copy of this form for his or her annual well visit.



I completed my annual well visit on \_\_\_\_\_ (date of exam).

## Body Composition and Blood Pressure

Height	Feet	Inches
Weight	Pounds	
Waist Circumference	Inches	
Blood Pressure	/	

## Blood Test Results

Total Cholesterol	mg/dL
HDL Cholesterol	mg/dL
Blood Sugar	

**This page is provided for  
your records only.**

J.M. Huber does not require you to submit this form as proof of your annual well visit and as such, **DO NOT** forward this form to Human Resources.



## Annual Enrollment

Each employee must sign on to **[www.huberbenefits.com](http://www.huberbenefits.com)** to enroll for medical coverage.

Employees and enrolled spouses who have completed an annual well visit and the online health assessment by August 31, 2018, will see the wellness credit applied if you confirm tobacco-free family status.

Each year going forward, your annual well visit and online health assessment must be completed between September 1st of the prior year through August 31st of the current year to qualify for the wellness credit.

Keep in mind, Cigna will verify that you completed your Health Assessment questionnaire with numeric values through a confidential completion report.

## First-time enrollment in J.M. Huber's medical plan

If you are enrolling in the J.M. Huber medical plan for the first time, you will only be asked to certify that you and your family are tobacco free at the time of enrollment.



## Important to Know

- If you've already had an annual well visit this year, call your doctor for your numeric values (Height, Weight, Cholesterol, HDL, Blood Pressure, BMI) before completing your Cigna Health Assessment questionnaire. You and your spouse must include numeric values when completing the questionnaire in order for it to qualify.
- If you entered your biometric values last year within Cigna's Health Assessment questionnaire, your historic values may be prepopulated. Please update your values based on your most recent annual well visit with your physician.
- Only you and/or your covered spouse are required to complete the annual wellness visit and the Health Assessment questionnaire; your dependent children are not required to complete these qualifiers.
- Be sure to use the front of this form to obtain all the numeric values needed to complete the Cigna Health Assessment questionnaire.
- Your wellness credit is only applied until the end of the calendar year. For the following year, you must satisfy your wellness qualifiers before August 31st.

By successfully completing all three qualifiers, you'll not only have the opportunity to improve your health and well-being – you'll also be taking the first step in controlling your health care costs.



## MotivateMe Incentive Awards Program

Huber offers our employees and eligible spouses enrolled in the Huber medical plan an **optional** awards program that can be accessed on **[mycigna.com](http://mycigna.com)**. By completing wellness activities, employees and covered spouses can earn points toward a gift card valued at \$50 annually. Points can be earned by doing the following activities:

- Completing your health assessment with biometric values
- Having your appropriate preventative screenings
- Participating in a Fitbit Corporate Challenge
- Getting your flu shot
- Participating in an online coaching program

To see what rewards you can earn, visit **[myCigna.com](http://myCigna.com)**, then look for "Incentive Award Programs".



A FAMILY OF SOLUTIONS