

# Healthy Huber

Each year, Huber provides you the opportunity to earn wellness credits to lower your medical costs if you satisfy the Annual Wellness Qualifiers.

## NEW!

Beginning in 2019, some locations will offer on-site biometric screenings. You will now have the option of completing a biometric screening at your work location (employees only).

## What are the Annual Wellness Qualifiers?

1. **Tobacco-Free Family** confirm you are a tobacco free family during your Annual Enrollment period.
2. **Annual Well Visit/Biometric Screening** you and your spouse (if applicable) complete an annual physical exam or as an employee complete a biometric screening, between September 1, 2018, and August 31, 2019.
3. **Online Health Assessment** you and your spouse (if applicable) must each log onto your individual [www.myCigna.com](http://www.myCigna.com) account and complete the online health assessment with your numerical biometric values between September 1, 2018, and August 31, 2019. **You must enter in height, weight, waist, blood pressure, total cholesterol, HDL cholesterol, and blood sugar with actual values. IMPORTANT!** If the assessment is submitted without providing these required numerical biometric values, you will NOT meet the Huber wellness qualifications.

Use the following chart 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/biometric screening 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. **DO NOT** forward this form to Cigna. Cigna will verify that you and your spouse (if applicable) completed your online health assessment questionnaire with numeric values through a confidential completion report.



If you and your spouse completed an annual well visit or biometric screening and online health assessment successfully between September 1, 2018, and August 31, 2019, you will only need to confirm your tobacco-free family status during open enrollment to receive the Wellness Credit.

**If you are enrolling in the J.M. Huber medical plan for the first time, you will need to confirm your tobacco free status during your New Hire or Newly Eligible enrollment on [www.huberbenefits.com](http://www.huberbenefits.com), and enroll within 30 days. Additionally, you and your spouse have 60 days from your coverage eligibility begin date, to each complete an annual well visit and online health assessment via [www.myCigna.com](http://www.myCigna.com). Once Cigna confirms the successful completion of the qualifiers, you can expect to receive the wellness credit.**

## MotivateMe Incentive Awards Program

Each calendar year, Huber offers our employees and spouses (if applicable) enrolled in the Huber medical plan an optional awards program that can be accessed on [www.myCigna.com](http://www.myCigna.com). By completing wellness activities between January 1, 2019 through December 31, 2019, employees and covered spouses (if applicable) can earn points toward a gift card valued up to \$50. 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 Company Challenge
- Getting your flu shot
- Participating in an online coaching program

For more activities and to see what rewards you can earn, visit [www.myCigna.com](http://www.myCigna.com), and select the “Incentive Award Programs” tab.

