

FY-11 Plan Year Initiatives

- Incentive Program
 - HRA & lab work with participation in an applicable care mgmt. program, if needed
- Life Style Choices
 - Annual Physical or Well Woman Physical
 - Preventative Exams/Tests (i.e.: Mammogram, PAP, PSA,)
- Wellness Indicators - 3 out of 4 within normal range or in a treatment plan to control, such as medication
 - Diastolic B/P
 - LDL & HDL levels
 - Triglycerides
 - Blood sugar levels

Implementing this year (FY-11) – because **Good Health begins with Good Habits.**

This is 100% paid for by the Plan and is completely voluntary.

Spouses on the Plan are encouraged to participate in the Incentive Program.

Timeframe to complete the requirements

- July 1, 2009 – May 21, 2010

Requirements

- Complete your online 100% confidential Health Risk Appraisal (HRA) Survey at www.PPHA.com
- Print your PPHA lab slip and visit a **Lab Corp** site convenient to you
- Complete your Annual Physical or Well Woman Physical along with the Preventative Exams/Tests you and your doctor deem appropriate for your age and gender
- Enroll and actively participant in the PPHA Care Management Program, **if** you are contacted by one of PPHA's RNs – this will be based on the outcome of your Wellness Indicators

Benefit

- Premium Holiday for 2010-11 of \$432 (e.g., Employee Only Premiums)
- There is no Premium Holiday for Spouses