

# Healthy Rewards Programs & Percent Menu (7/1/2019 – 5/22/2020)



## Optum Health Awareness Activities

Complete a wellness screening onsite or through a Quest lab voucher **between \*2/1/20-2/29/20** \*dates subject to change....20%  
 Complete the online Health Survey on the Optum Rally portal.....10%  
**Percent Limit for category: 30%**

## Preventive Care Category

The following preventive care options are eligible for Healthy Reward percent (%). **\*\*This category is self-reported on the Optum Rally web portal. Be sure to keep documentation of any self-reported activities as random audits will take place to verify completion.**

Annual Physical .....20%  
 Preventive screening (mammogram, cervical cancer, prostate cancer, colorectal cancer) .....10%  
 Flu vaccine .....10%  
 Preventive dental exam .....5%  
 Preventive vision exam .....5%

**Percent Limit for category: 50%**

### Personal and Online Wellness Coaching

Healthy Reward percent (**50%**) awarded for **completion** of one Personal Coaching program OR one Online Coaching program. A variety of coaching topics are available including nutrition, exercise, sleep, stress, and general wellness. For information, login to your Rally portal site and go to *Employer Rewards*.

Coaching program completion criteria:

#### **PERSONAL COACHING:**

Speak with a coach live! One session must be by phone. The remaining 2+ additional sessions can be via phone, chat, or email. *You may contact a coach multiple times throughout the program, however a coach interaction is only counted toward the program completion requirements (minimum 3 interactions) once every 2 weeks. Allow at least 6 weeks to complete a personal coaching program.*

#### **ONLINE COACHING:**

Complete all lessons as designated by the online coaching program at your own pace.

#### **Percent limit for category: 50%**

**Note: Although you may participate in more than one coaching program, you will only receive incentive credit for completion of one Personal Coaching program OR one Online Coaching program.**

### Disease Management

Healthy Reward percent (**50%**) awarded for **completion** of a Disease Management program.

You may be contacted directly by an Optum nurse if eligible for these programs or you may also self-refer if newly diagnosed. Discuss completion requirements with your Optum nurse.

Disease Management programs available:  
 Asthma, Diabetes, Coronary Artery Disease (CAD), Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD)

#### **Percent limit for category: 50%**

To enroll in **Personal Coaching** or **Online Coaching**, go to the **Rewards** area on the Rally portal. Under **Available Activities**, scroll down to **“Complete a Wellness Program”** and click **“Get Started.”**  
 You may also reach a live coach for personal coaching at 1-800-478-1057.

To enroll in **Disease Management**, contact the Optum HealthCare Advisor team at 1-855-583-3165.

**\*\*\*ENROLL NO LATER THAN 2/1/2020 TO ENSURE COMPLETION BY THE INCENTIVES DEADLINE!\*\*\***

### Onsite / MC Local Events

Healthy Reward percent (**10%**) awarded for participating in onsite and local events. **\*\*This category is self-reported on the Optum Rally web portal. Be sure to keep documentation of any self-reported activities as random audits will take place to verify completion.**

<b>Onsite/MC Local Events include:</b>	<b>Percent</b>
Quick Learn programs (2 series - credit allowed once per topic) .....	10%
Fitness Center (8 visits in a month) .....	10%
Formalized Exercise Class (8 classes) .....	10%
Organized run/walk/bicycle event.....	10%
Not a Single Pound.....	10%
Heartfulness meditation (8 sessions).....	10%
Bike share program annual membership .....	10%
Group fitness/sports activity (min. 4 people 1x per week for 8 weeks) .....	10%
Blood donation (3 whole blood donations).....	10%

#### **Percent limit for category: 30%**

### Rally Missions

Healthy Reward percent (**10%**) awarded for completing **THREE** separate Rally Missions.

The weekly completion criteria (number of weekly check-ins) will vary for each Mission **but each Mission takes a minimum of 4 weeks for completion.** Choose from over 50 available Missions. Click on the *Missions* tab on the Rally portal to start a new Mission or update your current Missions. You can also update Missions on the Rally Health mobile app!

*You must complete 3 separate Missions to earn the incentive credit for this category.*

#### **Percent limit for category: 10%**

Access the wellness programs and coaches on the Rally portal by going to

<https://werally.com/client/mcwellness/register/> or by calling Optum at 1-855-583-3165.

# Healthy Rewards Percentages & Incentives

**Activity Earning Period:** July 1, 2019 through May 22, 2020

**Plan year incentives applied:** July 1, 2020 through June 30, 2021

**Eligibility:** All employees and spouses are eligible to participate in the *Take Charge of Your Health* wellness program. Incentives are available to employees and spouses who are enrolled in one of Montgomery County's medical plans. The employee must be active on payroll (and enrolled in a Montgomery County medical plan with an active HSA or HRA) when the incentives are applied in order to receive the incentive deposit.

## **Employees:**

Earn 60% Healthy Rewards to be eligible for one incentive in the amount of \$65/mo.

Earn 100% Healthy Rewards to be eligible for the maximum incentive amount of \$115/mo.

## **Spouses:**

Earn 100% Healthy Rewards to be eligible for the spouse incentive in the amount of \$50/mo.

**You can choose how you earn your Healthy Rewards!  
Use the *Programs & Percent Menu* to make your own personalized plan.**

Track your progress any time on the Rally web portal at:

<https://werally.com/client/mcwellness/register/>

**Wellness Screening:** Wellness screenings are available *only during designated times* (\*2/1/2020 – 2/29/2020 \*dates subject to change). Watch for communications during the Benefits plan year. The dates of the screening events will be posted on [www.mcbenefits.org](http://www.mcbenefits.org) and distributed to the departments. No percentages will be given for any screenings completed outside of the designated times except for new hires and newly benefits-eligible employees.

**\*\*Preventive Care and Onsite/MC Local Events categories:** To earn incentive percentages for completed eligible activities in the *Preventive Care* and *Onsite/MC Local Events* categories, you must follow the self-reporting steps on the Rally portal to add the percentage credit. **Be sure to keep verifying documentation of any self-reported activities.** Although you do not need to submit the documentation to the Montgomery County Benefits team, please be aware that **random audits** will be conducted throughout the Benefits plan year to verify self-reported activities. Falsification of any activity participation will result in the loss of all percentages in that category and you will become ineligible to earn additional percentages in that category. The falsification may also result in further discipline.

**\*\*\*Wellness Coaching, Disease Management programs and Rally Missions:** These programs take several weeks to complete. Be sure to enroll *EARLY* in the Benefits plan year to ensure that you will be able to complete the program by the deadline (recommended enrollment no later than 2/1/2020). Plan to remain actively engaged throughout the program duration!

Incentives are deposited into your Health Savings Account (HSA) or Health Reimbursement Account (HRA) to help offset costs associated with your medical coverage. If at any time during the plan year you elect healthcare coverage, you will not be eligible to receive incentives unless you earned your *Healthy Rewards* percentage credit during the plan year's earning period.

Additional information can be located at [www.mcbenefits.org](http://www.mcbenefits.org).