



2016 LEXINGTON WELLNESS PROGRAM

TO: ALL EMPLOYEES ENROLLED IN LEXINGTON'S MEDICAL PLAN AS OF JANUARY 1, 2016
FROM: MICHELLE PERVEA, RN, WELLNESS PROGRAM COORDINATOR
SUBJECT: IMPORTANT WELLNESS PROGRAM CHANGES FOR 2016
DATE: JANUARY 8, 2016

Lexington Wellness is committed to providing you with the tools, education, and guidance for you and your family members to lead a healthy lifestyle. We will continue to do this in 2016 by offering a Medical Plan Premium Savings Program and incentives.

The 2016 Lexington Wellness Requirements for Medical Plan Premium Savings in 2017 for employees and their spouses enrolled in Lexington's Medical Plan are outlined below:

Employee Enrolled must complete the following:

- 1) **CDPHP** Personal Health Assessment in 2016.
- 2) Biometrics Screening **completed in 2016 and submitted by December 15, 2016.**
- 3) Routine Physical Exam – every two (2) years (2015 or 2016).
- 4) Complete Option 1 – Tobacco Use Affidavit (if able to certify tobacco free) **by December 31, 2016.**

OR

- If unable to certify you are tobacco free, you must complete Option 2 – Reasonable Alternative Smoking Cessation Workshop. This requirement will take at least 4 weeks to complete; therefore, you must start this requirement by December 2, 2016.
- 5) Receive a verified blood pressure measurement (from Lexington Free Biometrics Screening or via the "Physician's Screening Form) equal to or less than 119/79 **by December 15, 2016.**

OR

- Read the "Release the Pressure" document provided by CDPHP and located on your Lexington Wellness Website, which will provide education to help you prevent or control the complications of hypertension. Then complete the corresponding quiz on the Lexington Wellness Website no later than December 31, 2016.

AND

Spouse Enrolled must complete:

- 1) **CDPHP** Personal Health Assessment in 2016.
- 2) Biometrics Screening **completed in 2016 and submitted by December 15, 2016.**
- 3) Routine Physical Exam – every two (2) years (in either 2015 or 2016).

Log onto your Lexington Wellness Website after 12-31-15 at lexingtonwellness.bepurewellness.com for instructions on how to complete these requirements, which can be found under the five images displayed at the top of your account page.



If you are a new enrollee in Lexington's Medical Plan, you will receive a letter to your home address providing you with information regarding your initial requirements for Lexington Wellness.

2016 Lexington Wellness Incentive Program

There are two wellness incentive programs available to all employees enrolled in Lexington's Medical Plan.

In 2016 we will continue to offer CDPHP's Lifepoints program located on www.cdphp.com. This is a program in which employees and their family members 18 and older enrolled in Lexington's Medical Plan can earn a combined total of points worth up to \$365 in gift cards throughout the year.

Employees enrolled in Lexington's Medical Plan will also continue to be able to earn Lexington Wellness Rewards Points on their Lexington Wellness Website by using a variety of tools. Each quarter the top twenty-five employees who earned the most Lexington Wellness Rewards Points will have their name entered into a raffle for \$50 Chamber Checks. Ten employees will be chosen each quarter to receive this prize. The drawings will take place in April 2016, July 2016, October 2016, and January 2017.

Lexington is committed to helping you achieve your best health. Lexington's Wellness Medical Plan Premium Savings, Wellness Rewards Points and incentive program are available to all employees enrolled in Lexington's Medical Plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Michelle Peryea at (518) 775-5420 or via email at peryeam@lexcenter.org and she will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

If you would like a more detailed description of the program, you can find this on your RKXchange and on the Lexington Wellness Website under Incentive Summary.

If you have any further questions, please contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420 or Bridgett Nestor at (518) 775-5422. Thank you.