

2020 Wellness Incentive - Revised opportunity to earn a portion of the Incentive (\$100) – Please act NOW

The Annual Wellness Incentive is just one of the many benefits BJC provides to help support our efforts in achieving and sustaining healthy outcomes for team members who participate in the Employee Health Plan. We understand that some team members may have been unable to see a physician for a blood draw given the recent pandemic or simply are hesitant to move forward now with testing while safety and social distancing guidance is in place. Given we have no clear timeline for when our current risks will change as it relates to COVID 19, we are providing employees with a modified option to earn a **\$100** incentive when **completing only the Cigna Health Risk Assessment (HRA) by June 30, 2020.**

Remember, BJC employees who were actively covered as the main subscriber in the BJC Medical Plan on January 1, 2020, can earn a wellness incentive of **\$225** by completing the following two steps below between **July 1, 2019 and June 30, 2020:**

STEP 1: Complete one of the following:

- a blood draw at a BJC facility, or
- an at-work health screening at a BJC health fair or the Boone Hospital WELLAWARE health fair. The screening needs to include height, weight, waist circumference, blood pressure and a finger-stick blood draw for cholesterol and blood glucose.

STEP 2: Complete the Cigna Health Risk Assessment (HRA) on www.myCigna.com. This includes entering into your HRA your most recent health screening or blood draw results.

You must complete both steps 1 and 2 to earn the \$225 annual wellness incentive **OR complete ONLY step 2 (no health screening or blood draw results required) by June 30, 2020 to earn a modified \$100 wellness incentive opportunity for 2020.**

For additional information, including instructions on how to complete the Cigna HRA, go to www.BJCtotalrewards.org/Benefits/Medical/Annual-Wellness-Incentive

Please note that spouses are no longer eligible for the wellness incentive.

No documentation is required to prove that you completed the requirements of steps 1 and 2 as this will be validated through CIGNA and reported to BJC.

BJC does not have wellness incentive completion data at this time (as we must wait for claims processing which can take several months past the deadline above for those obtaining lab work). The wellness incentive will be awarded to employees on the first paycheck in December.

If you would like to view your Cigna HRA confirmation statement, login to www.myCigna.com and choose My Health Assessment from the Wellness section or call Cigna at 800-244-6224.

Questions? Call the BJC Employee Service Center at 314-362-2184 or toll-free 855-362-2184, or email Employee_Service_Center@bjc.org.