



Checklist

2011 Health Insurance Premium Wellness Discount

Prevention Target

Complete **one** by **Nov. 1, 2010** (Applies to Employee **and** Spouse, if on district health plan)

- Participate in a district Health Screening (Aug-Oct) which includes a review of recommended preventative care.
or
- Submit a 2011 Medical Verification Form signed by your doctor to the Wellness Department.

NOTE: This option available if doctor's health screening was between January 1 and November 1, 2010

Health Management Target

Complete **both** by **Nov. 1, 2010** (Applies to Employee **and** Spouse, if on district health plan)

- Complete an online health risk appraisal from July 1 through Nov. 1, 2010 at www.bluekc.com, using your health screening results.
- Consult with a Blue Cross/Blue Shield health coach (1-800-851-8091) after completing screening and HRA and set a wellness goal for 2011. Or set a wellness goal for 2011 by using the Medical Verification Form with your physician.

Section 125 Online Benefits Enrollment in November

- Commit to The Healthy Lifestyle Target -- Live Active, Eat Smart and Tobacco Free

Healthy Lifestyle Target

January – May 2011 (Complete All, Employee Only)

- *Log your "Live Active" physical activity points EACH MONTH* through the *Live Active Points Log*, located on your My Page/Personal Dashboard on O-Zone.
- Participate in at least one "Eat Smart" nutrition program offered by the district Wellness Dept.
- Remain Tobacco Free for benefit plan year.

August – December 2011 (Complete All, Employee Only)

- *Log your "Live Active" physical activity points EACH MONTH* through the *Live Active Points Log*, located on your My Page/Personal Dashboard on O-Zone.
- Participate in at least one "Eat Smart" nutrition program offered by the district Wellness Dept.
- Remain Tobacco Free for benefit plan year.

* To retain your discount, it is necessary to log your points each month, for a total of 150 each semester—an average of 30 points each month.

Completion of all requirements will be verified.