

NEOMED Wellness Discount Frequently Asked Questions

Overview: What is the discount?

1. What is the wellness discount?

The wellness discount offers the opportunity for NEOMED employees and their spouses who are enrolled in the health plan, to qualify to receive a discount to their employee premium contribution by completing all established qualifications.

2. How much of a discount will I receive?

The dollar amount for the wellness discount is established each year and is announced when finalized. This may not occur until sometime in the last 6 months of the calendar year.

3. When will this discount go into effect?

If all qualifications are met, the discount for your employee contribution will go into effect January 1, 2018.

4. What important dates do I need to know about?

January 1 - September 15, 2017	Complete a wellness screening with you PCP
September 30, 2017	Wellness Assessment form must be submitted
September 30, 2017	200 points must be obtained
September 1-30, 2017	Complete Health Risk Appraisal through wellness portal

Eligibility: Who is eligible?

5. Who is eligible for this discount?

NEOMED employees and their spouses who are enrolled in the health plan are eligible to receive a discount to their employee premium contribution by completing all three qualifications.

6. I am a new hire at NEOMED (after January 2017), am I eligible to receive a discount?

Yes. You should have received information on how to receive a discount for 2017 & 2018 with your benefits onboarding paperwork. Please contact Juleen Payne in Human Resources if you are unable to locate this information.

7. My spouse is on my insurance, are they required to complete the discount qualifications?

No one is required to complete the wellness discount qualifications; however, you are able to receive additional discounts on your employee contribution if your spouse completes the qualifications.

8. Am I required to participate to keep my health insurance?

No. Participation in any wellness program offered through Wellness at NEOMED Faculty and Staff is always voluntary. If you choose not to participate, you will pay the non-discounted employee contribution rate.

Qualifications: What are the qualifications?**9. What are the qualifications to receive the discount?**

To receive the discount, each employee & spouse must earn 100 wellness points by September 30, 2017. There are three qualifications all employees and spouses who wish to receive the discount must meet; 1. Earn a Wellness Score of at least 100 points on the NEOMED Wellness Portal by participating in various offerings through the Wellness at NEOMED Faculty and Staff program. More information on how to earn points are available on the NEOMED Wellness Portal at www.neomedwellnessfs.com 2. Complete a wellness screening with your primary care physician and submit a Wellness Assessment Form (25 Points – Required) 3. Complete the Health Risk Appraisal through the wellness portal during the month of September (25 points – Required).

10. I went through the onsite biometric screening in 2015. Will I need to complete all testing this year?

Unless your physician recommends that you have your cholesterol or other screenings completed again, due to health history or certain risk factors, you may not need to complete all screenings. Blood Pressure, Height and Weight are required each year for all participants, cholesterol every 5 years for all participants, all other screenings are at the discretion of your physician. If you went through the onsite screening in 2015, and your physician does not recommend any cholesterol testing, you will not be required to have this taken until 2020.

11. How were the recommended screenings determined?

NEOMED is utilizing the United States Preventive Services Task Force (USPSTF <http://www.uspreventiveservicestaskforce.org/>) and claims data as the basis for screening recommendations for its wellness program. All forms and procedures have been developed collaboratively with representatives from the NEOMED College of Medicine and College of Pharmacy.

Process: What is the process?**12. How do I submit my wellness assessment form?**

Forms can be uploaded directly to the Wellness Portal. Forms can also be submitted to Sequoia Wellness through a secure efax portal, at 330.850.2175. No forms should be submitted to NEOMED Human Resources.

13. Is the fax line and process of reviewing the wellness assessment form HIPPA compliant?

Yes. Integrated Wellness Partners (doing business as Sequoia Wellness) has a secure efax line that will be used for these forms. The forms are sent to a secure portal and not directly to a fax machine. Only the assigned Sequoia Wellness representative(s) has access to this portal. Information will be taken directly from the efax portal and entered into our secure wellness portal. No hard copies of this form will be printed or stored at Sequoia Wellness. Only Sequoia Wellness will process the individual forms. None of the NEOMED's wellness partner administrators, including those affiliated with Pharmacy Innovations, Summa Health or Super Well, will have access to any forms or individual data at any time. This also pertains to any other sister companies of Sequoia Wellness and any NEOMED staff. Sequoia Wellness will notify NEOMED that a form has been received in order for them to determine who will receive a discount. Sequoia Wellness will also provide de-identified aggregate reporting of any data that is provided to guide in designing and administering future wellness programs.

14. If I feel that my privacy has not been protected, who do I contact?

Please contact Melissa Hendricks, Director of Worksite Wellness at mhendricks@integrated-wellness-partners.com or 330.762.9102 ext. 503

15. Who will have access to my information?

Only your physician's office and Sequoia Wellness will have access to your data. Individualized data will not be shared with any of NEOMED's wellness partner administrators, including those affiliated with Pharmacy Innovations, Summa Health, Super Well and NEOMED staff. BSDI's (the wellness portal) privacy policies can be found on the wellness portal under the privacy link.

16. I don't have a Primary Care Physician (PCP), what should I do?

The assessment form must be completed by a licensed health professional (MD, DO, NP, PA). If you utilize a specialist, such as a cardiologist, or a Nurse Practitioner for your primary care they are able to complete this form. In addition, there is a physician available through the Summa Physician's office onsite at the NEW Center. Finally, there is a listing of in-network providers associated with NEOMED's health plan. See page 5 of this document for contact information.

17. My screening results (numbers) qualified me as "at risk". Will this affect my ability to receive the discount?

No. Your numbers do not factor into receiving the discount. The results are only used to assist in creating future wellness programs and to provide data trends. NEOMED will only be aware that you completed the wellness assessment form not the actual detailed results.

18. The amount of activity I can perform is restricted due to injury or illness, what are my options for qualification #2?

There are several offering options for those who may have activity restrictions. See below:

- Attend medical fitness programs (most do not require any physical activity)
- Attend educational lectures
- Receive health Coaching (can be completed in-person or by phone)
- View educational videos through the wellness portal
- Track 10 days food or sleep through the wellness portal

19. When will the educational videos be available on the wellness portal?

Educational videos will be available 2 weeks after an in-person Educational Lecture or medical fitness program.

20. Does the activity for qualification #2 have to take place at NEOMED or Sequoia?

No. You can track activity, food or sleep into the portal from any location. Educational videos are available through the wellness portal and can be completed at home. Health Coaching can be completed telephonically.

21. I track my activity, food and sleep through another device and/or app, can I just use that data?

All activity, food and sleep must be tracked through the wellness portal for it to meet qualifications for the discount. The good news is that most wearable devices and some apps can sync directly with our portal, this will allow you to avoid entering in multiple places. To see all compatible devices and apps, log-in to the web portal and click on Manage My App Connections. If you need assistance connecting an app, contact Keith Haws at khaws@sequoia-wellness.com

22. How do I access the wellness portal?

Please go to www.neomedwellnessfs.com. If you need assistance in accessing please contact Keith Haws at khaws@sequoia-wellness.com

23. How will participation in these programs be tracked?

Participation for all programs will be tracked and entered into the wellness portal. You will be able to see if you have completed the qualification or not when you log-in. It is the responsibility of the participant to ensure that they have checked in or signed in for any programs they attend.

24. My physician has recommended that I participate in a wellness program, am I required to do so to receive my discount? Is my information shared with that program?

No. Participation in any Wellness at NEOMED Faculty and Staff program is voluntary. If recommended by your physician, a representative from that program may reach out to you to discuss enrollment; however, no Personal Health Information (PHI) will be shared with that program unless you as the participant authorize it.

25. Do we have to complete all screenings listed?

Blood pressure, Height and weight (BMI) are required each year by all participants. Cholesterol is required every 5 years; however, your physician may recommend this screening more frequently if you have other health risks. All other screenings are at the discretion of your physician and are not required.

26. Which form should I use?

Pick the form that is appropriate for your age and gender.

Important Contact information:

NEOMED Human Resources at hroffice@neomed.edu or 330-325-6729:

- General Benefits
- Discount administration

Sequoia Wellness - Keith Haws khaws@sequoia-wellness.com or 330.578.9030:

- Wellness program information
- Assistance with wellness portal
- Confirm wellness assessment form was received

Integrated Wellness Partners- Melissa Hendricks mhendricks@integrated-wellness-partners.com or 330.762.9102 ext. 503

- Reports of HIPPA violations

Summa Physicians - 330.325.7171

- For those seeking a PCP, available contact information for scheduling a physician visit with Dr. Dawn Hubbard, M.D.

In-Network providers:

- In Ohio: www.supermednetwork.com AND select SuperMed PPO
- In Pennsylvania: www.supermednetwork.com AND select Intergroup
- Outside Ohio: www.phcs.com