

# How to Put More Money in Your Wallet



## Do you want to save up to \$50.00 per month towards your Health Insurance Premium?

If you meet certain **health related goals**, you will qualify for a reduction in your health insurance premium **starting the summer of 2021**. This is a **voluntary health-contingent** wellness program.

### GUIDELINES

#### Required to earn all pre-qualifying points

1. **MUST** complete a Wellness screening at Medical Analysis (MA) clinic OR personal care provider (PCP). *25 points*
2. Complete a follow-up visit to discuss your test results with Medical Analysis or your personal care provider. You **MUST** provide a copy of your results to Medical Analysis Clinic. This is a Know Your Numbers visit. *25 points*
3. Based upon results you may/may not have goals to achieve. If you have goals to achieve as determined by MA or your PCP. *25 points*
  - You **MUST** complete additional follow up visit(s) to be eligible for premium discount.
  - The visits must be completed by deadline date of 6/15/2021 or 10/15/2021.
  - If follow up visits are not needed, points will automatically be given for this activity.
4. **MUST** complete the online HClactive Health Risk Assessment on your member portal at <https://hci.healthspace.net> *25 points*

#### Choose how you want to earn your additional activity points. Required to earn a minimum of 50 points

- Earn up to 30 points by responding to The City of Gulfport MS Wellness Team email you will receive at the beginning of January through October.
- Earn up to 70 points by completing the online digital coaching module on managing blood pressure and/or completing 3 online educational seminars.
- Earn up to 75 points by participating in the get active challenge. You'll need to connect your fitness tracker/app/phone to record steps. Each challenge runs by month so check challenge dates on the wellness plan design.

If you haven't already registered under <https://hci.healthspace.net>, you must register by setting up a secure password in order to later access your information.

In order to qualify for the premium reduction you must complete the pre-qualifying activities to earn 100 points and achieve 50 points from the additional activities.

All program requirements must be completed no later than **June 15, 2021** to receive the discount, effective the second pay period in July or **October 15, 2021** to receive the discount, effective second pay period in November.

**If you need additional information, please access the COG website/ Human Resources/ Workplace Wellness or call Human Resources at 228-868-5831**