

July 20, 2020

Dear Rockville Employee,

I hope this letter finds you well after an unprecedented few months. As a result of the COVID-19 pandemic, LiveWell, the city's employee wellness program, has made some important adjustments to the annual health assessment campaign for 2020. Remember, taking the health assessment is optional. Participating offers an opportunity to earn insurance discounts and/or valuable incentives.

IMPORTANT CHANGES: Due to the pandemic, we understand some people may have a difficult time getting an appointment for a physical with their doctor this year.

- **If you and/or your participating family members provided proof of a physical in 2019:** WellRight will automatically give you credit for providing proof for 2020. You *do not* have to provide proof again this year. However, to qualify for the incentives in 2021, *each* participant still needs to complete the 2020 health assessment.
- **If you or your participating family members *did not* take the health assessment or provide proof of your physical on WellRight in 2019:** You and/or your participating family members will need to take the health assessment and Say Ahh challenge on WellRight by Nov. 30, 2020. You can use any biometric numbers from a physical you had over the last two years (**Dec. 1, 2018 – Nov. 30, 2020**; see the steps on page 2).

IMPORTANT REMINDERS:

- The deadline for completion is Nov. 30, 2020.
- The health assessment (previously called Age Gage on the WellRight site) is an online questionnaire that gives you personalized feedback about your health.
- After taking the assessment and filling in the required biometric numbers, employees are eligible for discounts and/or incentives beginning in January 2021.
 - **On the city's individual insurance coverage:** Employees who complete the requirements will earn a \$416 discount on their 2021 health insurance.
 - **On the city's two-person or family insurance coverage:** Employees who complete the requirements will earn a \$416 total discount. If someone on your insurance plan is 18 or older, e.g., a spouse or adult child, and also completes the health assessment requirements, the employee will receive a \$516 total discount. Additional adult family members are also encouraged to participate, however, the highest discount you are eligible to receive is \$516. If an employee has a two-person or family plan and the employee is the only person to complete the requirements, the employee will receive the \$416 discount.
 - **Not covered on the city's health insurance:** Employees who do not have health coverage through the city are still eligible to earn a \$25 gift card.

HOW TO PARTICIPATE:

- **If you did not participate in the health assessment campaign last year:**
 - **Step 1:** Visit your doctor for your annual physical with blood work. *Required biometric numbers include total cholesterol, HDL cholesterol, blood pressure, height and weight.*
 - If services are received in network, these tests may be covered at no cost to you under your preventive care benefit. **BIG CHANGE:** Due to the COVID-19 pandemic, any biometric numbers taken over the last two years (between Dec. 1, 2018 and Nov. 30, 2020) are acceptable.
 - **Step 2:** Make sure to **document your visit**. Take a picture of your receipt, your Explanation of Benefits, or even yourself at the doctor's appointment, and **upload that image** to the WellRight website (rockville.wellright.com) or app under the Say Ahh Challenge. If you prefer a form, use and upload the I Got My Physical form included in this packet and on i-rock. *The form is not required.*
- **If you provided proof of your physical in the health assessment campaign last year:**
 - You do not have to provide proof again this year.
 - To check if you provided proof last year:
 - Log in to WellRight. Under "Baseline Activities," select the drop-down option to "Show Completed Challenges." If you completed the Say Ahh Challenge last year, you will see it marked as 1/1 completed submissions for 2020.
 - Check your email for an email sent by WellRight on June 30, 2020, confirming your participation in the Say Ahh Challenge for 2020.
- **ALL PARTICIPANTS (whether you participated last year or not):**
 - **Step 3:** Complete the online assessment and fill in your biometric results.
 - By Nov. 30, 2020, complete the health assessment at rockville.wellright.com or on the WellRight app, where it can be found on the homepage under "Baseline Activities."
 - Are you on the two-person or family plan? Have your spouse or adult child participate as well to receive a \$516 discount (total per family).
 - Don't have coverage through the city? You are still eligible for prizes! Go to the WellRight website or app, upload proof of your annual physical on the Say Ahh Challenge (if you participated in 2019 you can skip the Say Ahh step), then complete the assessment, including your biometrics, to earn a \$25 gift card.
- **Get rewarded.**
 - You will receive insurance discounts via your paycheck starting in January 2021.
 - **All employees** (regardless of whether you have health insurance through the city) who follow the required steps above, are eligible for a drawing for cash

prizes. **We will have two \$500 winners and one \$250 winner!** (*Winnings are subject to tax.*)

- Please note: By being active on the WellRight site throughout the year you can also earn up to \$50 in gift cards. Check out the “Rewards” section on the WellRight site for more details.

KEY POINTS:

- Take the assessment on rockville.wellright.com or the WellRight app.
- Complete the steps above to ensure you get a discount on your **2021 health insurance rates**. (You’ll save at least \$416!) If you don’t have insurance through the city, complete the steps above and earn a \$25 gift card.
- Any participant who provided proof of a physical in 2019 does not need to provide proof for 2020. Anyone else may use any biometric numbers from the last two years (received from Dec. 1, 2018 – Nov. 30, 2020).
- If you are on the two-person or family insurance plans through the city, and **a family member (18 or older) also follows the steps above, you will receive a \$516 insurance discount**.
- All employees who complete these steps are eligible for cash prizes!
- **The deadline to complete the health assessment is Nov. 30, 2020.**

While we recognize getting an annual physical may be challenging for some this year, we still strongly encourage you to *try*. An annual physical can save your life. Call to schedule your doctor’s appointment now! Sometimes it takes several weeks or months to get an appointment and, due to the pandemic, doctor’s offices will likely have less appointment availability.

Questions? Contact Hillary Hurlbutt or Human Resources at 240-314-8470.

Sincerely,

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