

Earn a Health Incentive Credit

Each year, you will be able to earn Health Incentive Credits as shown in the chart below:

Activity	Health Incentive Credit Earned
Have a preventive care exam (routine physical or well-woman exam — employees, retirees and dependents over age 18)	\$50
Complete or update a Health Assessment on www.aetna.com	\$50
Complete a Simple Steps To A Healthier Life online wellness program	\$50
Complete the Personal Health Record Walk-Me-Through Tool	\$50 (one time only)
Make entries into the Personal Health Record Health Tracker	\$50
Make entries into the Personal Health Record Physical Activity Tracker	\$50
Respond to items on the Member Health Engagement Plan (MHEP) “to-do” list	\$50
Have a preventive care exam (well-child exam — dependents under age 18)	\$100

For an individual, the maximum credit is \$150; the family maximum is \$450. Credits are applied automatically to your deductible and coinsurance* expenses, but will not be applied to copay amounts. Any credit remaining at the end of the year will roll over to the next plan year, for up to three years.

*Coinsurance is the percentage of your covered expenses that you pay after you meet the calendar year deductible.

Stay Well with Open Choice

The Open Choice plan provides generous benefits for preventive care services, which can catch problems early and help you and your family stay well. The following routine services are covered at 100% with no copay and no deductible when you receive care from a preferred provider:

- Well-baby care, including doctor visits and immunization
- One annual physical exam (including immunizations)
- One annual gynecological exam, including a Pap test and lab fees
- One annual mammogram for women age 35 and older
- Other preventive care services for women, including contraceptive drugs and devices, breastfeeding support, counseling for domestic violence and more
- One annual prostate screening for men age 40 and older
- One colonoscopy every 10 years beginning at age 50
- One annual hearing exam and eye exam

Preventive care benefits are a valuable part of your health plan and an important step in staying healthy. We encourage you to visit your doctor for these important exams and screenings.

