

REASONABLE ALTERNATIVE STANDARDS TO EARN WELLNESS INCENTIVES



Reasonable alternative standards (RAS) are options that you have if you are unable to meet the wellness program requirements for specific reasons.

Biometric Screening RAS – Healthy Measures Premium Incentive

If you are unable to meet or improve in three out of the five health measures, then you can still earn the healthy measures premium incentive through a **RAS**. Please see below for the two different RAS options – your required RAS will be dependent on the number of healthy measures met during your biometric screening.

1. If you met two or more of the five healthy measures:

- **RAS:** Meet with your doctor to complete the **Biometric Appeal and Physician Waiver form** to show that your doctor is aware of the health measure that is not met and that you are under his/her care.
- You must also **complete a Path to Wellness (PTW) coaching course** – the number of PTW courses that you must complete is dependent on the number of measures not met.

2. If you met one or zero of the five healthy measures:

- Complete the **My Healthy Plan** coaching program. Print and complete the My Healthy Plan form with your physician and submit the completed form to Asset Health. The My Healthy Plan program consists of completing two courses, two goals and four coaching calls with your assigned coach.

The Healthy Measures RAS requires a minimum of four weeks to complete. Consider the RAS timing requirements when completing your biometric screening during the wellness program year. You must complete RAS requirements by Oct. 31, 2020.

See the Coaching section of your Asset Health portal or contact Asset Health Support at support@assethealth.com to ask about the coaching program.

Examples:

Health Measures – Meet or Improve in Three of the Five:				
BMI or Waist Circumference	Blood Pressure	Fasting Glucose	HDL Cholesterol	Triglycerides
Example 1: Two healthy measures met – one PTW course required.				
Met	Met	Missed	Missed	Missed
Example 2: One healthy measure met – the My Healthy Plan program is required.				
Met	Missed	Missed	Missed	Missed

Tobacco-Use RAS – Tobacco-Free Premium Incentive

- If you have used tobacco in the last six months, you can still earn the tobacco-free premium incentive by completing the **RAS**.
 - **RAS:** Complete Asset Health’s Tobacco-Free Me coaching program before Oct. 31, 2020. A minimum of four weeks is required to complete the Tobacco-Free program, so be sure to complete the Tobacco-Free Me program by Oct. 31.

See the Coaching section of your Asset Health portal or contact Asset Health Support at support@assethealth.com to ask about the coaching program.