

2023



WELLNESS PROGRAM DESIGN

Program Year: Nov. 1, 2022, to Oct. 31, 2023
Available to all medically-enrolled employees with a benefits-effective date before Nov. 1, 2022



Earn Your 2024 Healthy Measures Medical Premium Incentive: \$20/Paycheck

Step 1: Complete a biometric screening.

A biometric screening is required to earn the healthy measures medical premium incentive and the health reimbursement account (HRA) dollars. Biometrics completed from Nov. 1, 2022, to Oct. 31, 2023, will be accepted.

1. Visit the Employee Wellness Center. Go online to www.mypremisehealth.com to create an account and schedule an appointment with the facility.
2. Visit your primary care physician and complete the Asset Health physician form.

Step 2: Meet three out of five or improve by 5% in the below health measures to earn your healthy measures medical premium incentive AND \$100 dollars for your HRA for every measure you meet or improve by 5%, up to a \$500 maximum.

- You may submit up to two screenings per wellness program year (allowed one on-site). The second screening results will replace the first screening for all health measures.
- The 5% improvement is based on a comparison of most recent program year screening compared to the previous program year.

Health Measures

Waist Circumference	Blood Pressure	Fasting Glucose	HDL Cholesterol	Triglycerides
Male: < 40", Female: < 35" or BMI ≤ 25	≤ 130/85 mmHg	< 110 mg/dL Or A1c < 5.7%	Male: ≥ 40 mg/dL Female: ≥ 50 mg/dL	< 150 mg/dL

Health Measures Reasonable Alternative:

If you are unable to meet or improve in three of the five health measures, you may complete a reasonable alternative standard (RAS) to earn the healthy measures medical premium incentive AND dollars for your HRA. See the RAS program information on the Asset Health portal and follow the steps outlined in your Incentive Progress on the Asset Health homepage for completing the RAS.

Earn Your 2024 Cotinine/Tobacco-Free Medical Premium Incentive: \$45/Paycheck

You have two options for earning the tobacco-free medical premium incentive:

1. Test negative for cotinine/tobacco use.
2. Complete the Asset Health *Tobacco-Free Me* program. The four-week program must be completed by Oct. 31, 2023. Refer to the City's RAS program document for details.

A cotinine test is performed as part of the annual Fire and Police physicals. Those results are submitted directly to Asset Health.

For all other cotinine testing, this must be done at the Employee Wellness Center. If you get your biometrics done at the Employee Wellness Center, cotinine testing is usually included and submitted securely to Asset Health.

For those that complete biometrics by submitting a physician screening form, they will need to schedule a cotinine testing appointment with the Employee Wellness Center. Cotinine testing is short and usually takes 10-15 minutes. Appointments with the Employee Wellness Center can be made on www.mypremisehealth.com.

Earn Your 2024 HRA Dollars: \$800 Maximum

You can earn \$100 for each health measure you meet or improve by 5%. Earn up to a \$500 maximum from your biometric results. Earn an additional \$300 by completing additional activities offered through the Asset Health portal until Oct. 31, 2023. In total, you can potentially earn a maximum of \$800 for your HRA, which is deposited into your Cigna HRA account on Jan. 1, 2024.

Tip: Connect your device and earn \$1 for every 7,500 steps up to the \$300 activity maximum.

Additional Activity Options

Activity	Dollars per Activity	Max
Health Assessment	\$25	\$25
Lifestyle Management Coaching (per call)	\$25	\$100
Physical Activity Reporting (per 7,500 steps or 30 active minutes)	\$1	\$300
City of Frisco Activities	\$25	\$75
Wellness Challenge Completion	\$25	\$75
Knowledge Management Course Completion	\$25	\$50
Daily Mini Challenges	\$1	\$100
Take 5 To Focus Videos (On resources menu of portal)	\$25	\$25
Maximum Dollars for Activity Group		\$300

Note: Employees need to complete biometrics to be eligible to earn HRA dollars overall. Asset Health will start tracking HRA dollars earned once biometric data is submitted.

