



# LivingWell Promise

## 2020 LivingWell Promise

KEHP is continuing the LivingWell Promise for all planholders, including cross-reference spouses.

## LivingWell Promise Incentive

Earn \$480 a year (\$40 per month) in premium discounts in 2021 when you complete your health assessment or biometric screening.

- You must take your health assessment through StayWell® or get a biometric screening.
- Your LivingWell Promise must be completed between January 1 and July 1, 2020.
- You will not receive the LivingWell Promise premium discount in 2021 if you do not complete a health assessment or biometric screening.

If you have the cross-reference payment option:

- You and your spouse must both fulfill the LivingWell Promise;
- You and your spouse will each receive the \$40 monthly premium discount in 2021 based on your LivingWell Promise completion in 2020;
  - If only one person completes the LivingWell Promise, only that person will receive the premium discount in 2021; and
- You and your spouse can choose separately how you complete the Promise – with either the health assessment or biometric screening.

## Priorities

KEHP and StayWell® are committed to helping members improve their health and well-being in four major areas:

