

## The KEHP and StayWell/WebMD are committed to helping members improve their health and well-being in four major areas: physical, financial, emotional, and social.



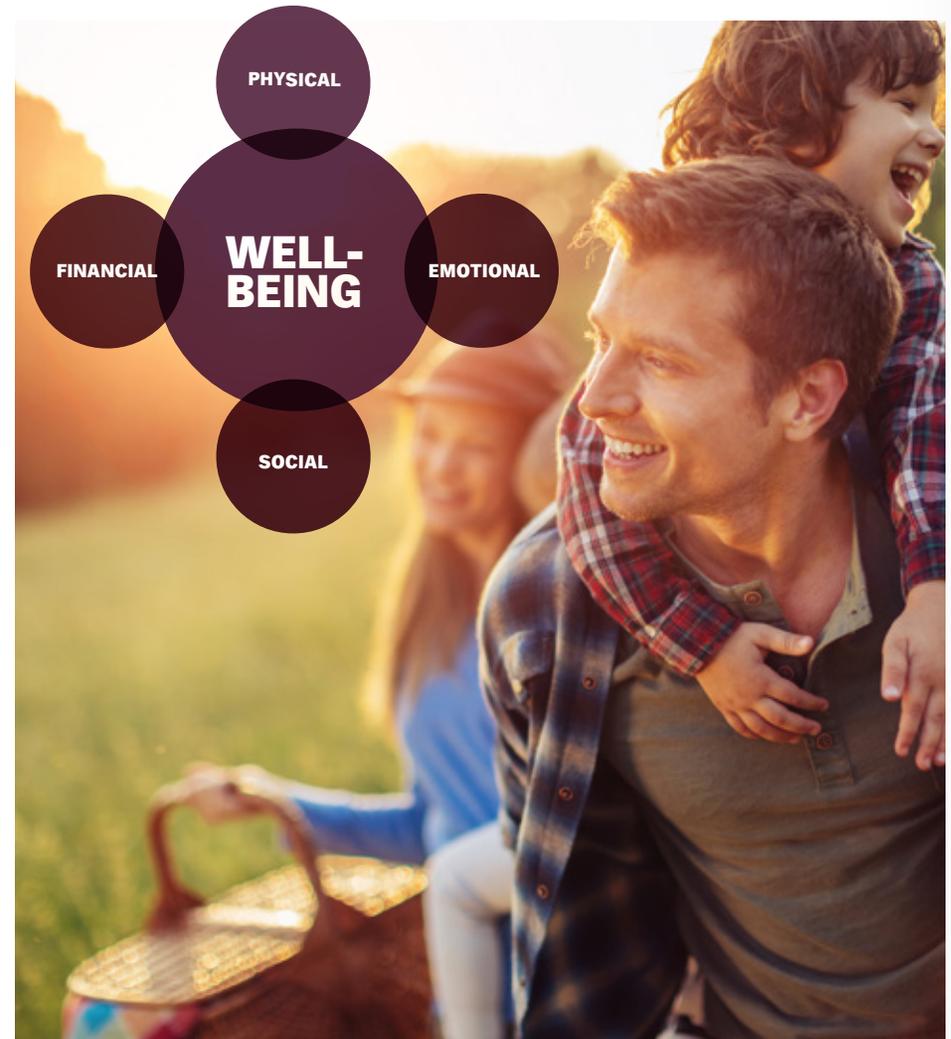
All planholders are required to complete the Promise between January 1, 2021 and July 1, 2021. You do not do this during Open Enrollment. All you have to do is either:

- Take the StayWell/WebMD online health assessment at **KEHPlivingwell.com**. The health assessment only takes about 10 minutes to complete and asks various health and lifestyle questions; or
- Receive a biometric screening from your physician, lab, or retail clinic. This is a blood test to check your cholesterol, blood pressure, triglycerides, and glucose. Your BMI is then determined by your waist circumference, height, and weight.



You will earn up to a \$480 premium incentive (\$40 a month) for plan year 2022. You can also earn up to \$200 a year in additional rewards for engaging in health and wellness activities. Through StayWell/WebMD you can earn gift cards for activities like getting a preventive dental visit, completing education sessions, participating in health coaching, or completing step goals.

- If you are a cross-reference member, both spouses must fulfill the Promise.
- If you waive health insurance, you are eligible for StayWell/WebMD too! You can also earn rewards by engaging in health and wellness activities.



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**Studies show that engaging in your own wellness reduces your healthcare costs.**