



SAVE AT LEAST \$200 OFF YOUR MEDICAL EXPENSES IN 2015

Complete your annual Personal Health Assessment and designate a Primary Care Physician **by December 19, 2014** and save \$200 to \$600 off your medical expenses in 2015.



SAVE HUNDREDS ON YOUR MEDICAL EXPENSES IN 2015.
Take your Personal Health Assessment and designate your
Primary Care Physician by December 19, 2014.

Save Money and Make a Plan for Healthy Living

Every year the Trust offers you savings incentives to plan for healthy living. To receive the savings incentives in 2015 you will be required to take your Personal Health Assessment (PHA) and (new for this year and going forward) to also designate a general or family doctor, or internist, as your Primary Care Physician (PCP).

If you take your PHA and designate your Primary Care Physician **by December 19, 2014** you will save hundreds of dollars on your 2015 medical expenses.

- **Medical Plans A, B, C, and Z and Group Health Options plan** – your annual deductible in 2015 will be **\$200 less for individual coverage and up to \$600 less for family coverage**, than if you do not take the PHA and designate a PCP.
- **Medical Plan JC28XL** – your out-of-pocket maximum in 2015 will be \$200 less, than if you do not take the PHA and designate a PCP.

If you have an eligible spouse or covered domestic partner, both of you must take the PHA and designate your Primary Care Physicians to receive the lower deductible or out-of-pocket maximum.

Taking the PHA is Easy

- **It's quick** – Completing your PHA will only take 15 to 20 minutes.
- **It's confidential** – To protect your privacy, the PHA is administered by an independent company, The StayWell® Company. Your individual results will never be shared with the Trust, your employer or union.
- **It's useful** – Your PHA will give you immediate results and information that you can use to start improving your health today. All you need is your height and weight to take the PHA.

Designating a Primary Care Physician

Designating a general or family doctor, or internist, as your PCP is a new requirement this year in addition to taking the PHA to earn your 2015 plan savings. Having a primary doctor is also an important step in maintaining good health, as doctor visits can help detect possible conditions early when treatment is more effective, and lower your risk of serious and costly diseases later.

You will be asked to designate a PCP when you take your PHA either online or on paper. If you already have a Primary Care Physician, you can designate your existing doctor. You do not need to change providers.

To find a Primary Care Physician if you do not yet have one, review the in-network providers that are currently accepting new patients on Cigna's website, if you have a Trust Medical Plan, or on the Group Health website, if you have the Group Health Plan.



How to Take Your PHA and Select A Primary Care Physician to Receive Your Incentive

Visit <https://wateamsters.online.staywell.com> to get started

1. If you have not previously registered on Staywell® Online, click **Register Now** to set up your account.
2. If you registered in the past, simply use the same username and password you created. *If you don't remember your login information, don't worry – follow the simple prompts to get help.*
3. From the homepage, click on **Start Your Personal Health Assessment** and follow the on-screen instructions to complete your PHA. You can also access the PHA under the “My Health” tab.
4. Next click on the “My Incentive” tab to designate your Primary Care Physician (PCP).
5. Click on the **Primary Care Physician Form** link and then **Get Started**. Fill in your preferred general or family doctor, or internist's name and select **Confirm**.

If you have questions or prefer a paper version of the PHA, call the StayWell® Helpline at **(888) 388-8259**.



Keep Your Health on Track with Wellness Programs Offered by the Trust.

Your health is important to us. That's why we want to help you take charge of your health and get the most out of your benefits. Once you have completed the PHA you may be eligible to participate in one of these wellness programs, available to you at no-cost.

Lifestyle Management Coaching

If your PHA indicates you have an area where you could improve, you will be invited to enroll in no-cost personalized phone coaching. Trained health coaches can help you make simple lifestyle changes that can make a big impact on your health.

Receive \$50 when you complete three calls with your health coach from November 4, 2014 to October 31, 2015.

This confidential, personalized phone-coaching program can help you with:

- Weight Management
- Tobacco Cessation
- Back Care
- Blood Pressure
- Increased Activity
- Stress Management
- Food and Nutrition
- Cholesterol

Note: This is a taxable incentive of around \$75 depending on the State in which you reside. Estimated state (if any) and federal taxes of around \$25 have been withheld and paid by the Trust, resulting in your net check of \$50. You will receive a W2 from the Trust after year-end.

ENROLL IN LIFESTYLE MANAGEMENT

CALL: (888) 388-8259

VISIT: <https://wateamsters.online.staywell.com>

Chronic Condition Management

If you have been diagnosed with asthma, diabetes and/or coronary artery disease, you could be invited to enroll in Chronic Condition Management. This no-cost, phone-coaching program will connect you to a personal health coach who is trained and certified to help you manage your condition and keep you motivated to live your healthiest life possible.

When you complete three calls with your health coach from November 4, 2014 to October 31, 2015, you could also be eligible for **\$0 co-pays** until December 31, 2015, for certain medications prescribed to treat the condition(s) being managed.

FIND OUT IF YOU'RE ELIGIBLE FOR CONDITION MANAGEMENT.

CALL: (888) 388-8259

Nurse Line

Do you have health questions? Confused about medication instructions? Unsure whether to see a doctor, go the ER or treat yourself at home? Your 24-hour confidential Nurse Line gives you direct access to trained registered nurses any time of the day or night.

SPEAK TO A REGISTERED NURSE

CALL TOLL-FREE: (855) 402-0272

Weight Management

If you or an adult covered family member struggles with a weight problem, in addition to Lifestyle Management Coaching, the Trust offers more intensive 24-week clinically supervised weight-management programs through Sound Health Connects, including both surgical and non-surgical weight loss options (must meet certain criteria).

ENROLL IN WEIGHT MANAGEMENT

CALL: (866) 779-4730

VISIT: www.soundhealthconnects.com