



Miami County Wellness  
*Become the Best You!*

**MIAMI COUNTY WELLNESS PROGRAM**

The wellness program dates are **July 1, 2023, to June 30, 2024**. Premium savings and incentives apply to the upcoming benefit plan year (2023/2024). Wellness incentives will be paid by special payroll. **NOTE: You must be an active, benefit eligible employee, at the time the incentives are processed through payroll in order to receive such payment.**

**Wellness program requirements:**

Complete levels 1-3 to avoid level 4 premium increase.

<p><b>LEVEL 1 – <u>Biometric Screening</u></b>  <i>Complete after July 1, 2023</i></p>	<p><b>Incentive \$25</b></p>
<p><b>LEVEL 2 – <u>Health Assessment</u></b>  <i>Complete after July 1, 2023</i></p>	<p><b>Incentive \$50</b></p>
<p><b>LEVEL 3 – <u>Wellness Exam</u></b>  <i>Complete between July 1, 2023, &amp; June 30, 2024</i></p>	<p><b>Incentive \$75</b></p>
<p><b>LEVEL 4 – <u>Premium Savings</u></b>  <i>Plan year 2023/2024</i></p>	<p><b>Non-participants will pay a higher premium \$40/paycheck or \$960/year</b></p>

**\*\*New employees:** If your hire date is before January 1st, you are subject to wellness program requirements for premium savings for the 2023/2024 plan year.

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**Optional wellness engagement incentive:**

***Incentive is a one-time payment of \$100***

Optional engagement activity must be completed between July 1, 2023, and June 30, 2024

- ❖ Participate in a wellness event: health fair, blood drive, etc. *(submit proof of participation)*
- ❖ Participate in an organized race/walk *(submit proof of participation (photo, lanyard, medal) NOT just registration form)*
- ❖ Participate in a Smoking Cessation program *(submit proof of participation)*
- ❖ Participate in a Cigna Coaching Call *(submit proof of participation)*
- ❖ Participate in an EAP Webinar *(submit certificate of completion)*
  - Go to the EAP website [www.EAPHelpLink.com](http://www.EAPHelpLink.com) enter code **KCLEAP5** and look for online seminars in the lower left-hand corner of the homepage.

If you have questions about the wellness program, please contact Linda Taylor in Human Resources, 913-285-6433 or ltaylor@miamicountyks.org.

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