



Wellness Credit Program

The Wellness Credit Program was designed to help guide you on the path to a healthy lifestyle and a proactive preventive care routine. Employees enrolled in any of the four medical plan choices can participate by completing four wellness actions (which includes a required Health Survey, called Rally, via United Healthcare) in exchange for paycheck credits totaling \$1,040 (\$260 each action). The program runs annually, with Action Compliance taking place the year before you are credited in your pay.

Current Medical Plan/Credit Program Participants: Check your Wellness Credit Summary on mySelfService for your date-of-service/compliance. If you have completed the mandatory Health Survey and the additional three actions before October 31 your paycheck credits will begin with the first pay cycle of the following year. If you do not complete your actions until November/December your paycheck credits will be delayed for up to 8 weeks into the following calendar year, and will not be retroactive.

New Hires and New to the Plan: If this is your first time enrolling in the health organization's benefits, you will automatically receive paycheck credits for six months. You must act on four of the ten pledges (Health Survey is Mandatory) for the credits to continue after your six month grace period is up, or your credits will cease.

Wellness Action Choices

All employees must complete an online Health Survey by visiting myUHC.com. If you have never logged into myUHC.com before, you must create an account. Login to myUHC.com and select Rally Health Survey from the right hand menu bar. After completing the online Health Survey action, you must complete three of the following actions:

1. Physician Wellness Action: Your annual physical
2. Dental Exam Action: Exam or cleaning
3. Vision Exam Action: Eye exam by a licensed provider
4. Breast Cancer Screening Action: Mammogram
5. Skin Cancer Screening Action: Full body skin check
6. Colorectal Cancer Screening Action: Colonoscopy
7. Cervical Cancer Screening Action: Pap Smear
8. Health Survey Covered Spouse Action: A covered spouse can complete
9. Financial Wellness Video Action: View a ten minute video in its entirety on Northwell.edu/myRetirement
10. Feinstein GAP Registry Action: Sign up to participate in a Clinical Research Trial

Compliance and Confidentiality

Once your action has been completed (see above list) your date-of-service is then sent to the HR department. You will be able to see your wellness credit on mySelfService approximately six to eight weeks after your action is complete. Below is the timeline from our carriers:

- United Healthcare physician, colorectal, cervical, breast cancer action date of service and the online Health Survey: 3rd Monday of the following month
- Cigna Dental: 1st Monday of the following month
- Davis Vision: 1st day of the following month

EXAMPLE: Mary has her dental exam on February 3 she will not see her date-of-service/compliance on her self-service Wellness Summary on mySelfService until Monday, March 2.



Timeline for Completion and Compliance

You have until the end of the calendar year to complete your actions, although if you act before October 31 your credits will begin with the very first pay cycle of the New Year.

Paycheck Credits

Although you are encouraged to complete as many actions that your physician recommends, the maximum amount of actions that are eligible for paycheck credits is four. Here's how it works:

- You must be enrolled in the Northwell Health Value, Buy-Up, CareConnect Northwell Health medical plan or the CareConnect HSA plan to participate in the Wellness Credit Program
- Each action is worth \$10 per biweekly paycheck and \$10.83 per semi-monthly paycheck
- If you complete all your actions by October 31 you will receive the maximum amount of paycheck credits the following year, which is \$1,040. This amount is added to your gross pay.
- If you complete an action or two in November/December you will still receive the credits for those actions in the following year, but they will be delayed up to 8 weeks and not be retroactive

If you decide not to enroll in the Northwell Health benefits you will not receive the paycheck credits even if you completed the actions.