

Health Plan Premium Wellness Incentive

HFM offers a Wellness Incentive on the health plan premium for employees who:

- Participate in our annual Health Risk assessment (HRA) process
- Complete any health coaching required per HRA score
- Are nicotine free (or who are taking approved steps to quit)



KNOW YOUR NUMBERS!

HRAs are free for employees and their spouses. In addition to a health plan premium incentive, you will receive a report with your results.

Watch the HFM Employee News for details on how to sign up for appointments from mid-May to mid-June.

If you think you might be unable to meet a standard for an incentive under the wellness program, you may qualify for an opportunity to earn the same incentive by different means. Contact Employee Health Services at 920-320-4689, who will work with you to find a wellness program with the same incentive that is right for you in light of your health status.

TO DO LIST:

- ✓ Watch the HFM Employee News for information on how to sign up
- ✓ Sign up will begin in early May 2020
- ✓ HRA collections take place mid May - mid June 2020
- ✓ Don't delay...sign up early to get the best choice of appointment time.
- ✓ Questions? Call Human Resources at x4031 or Employee Health Services at x4689