



Advantage Consumer Directed Health Plan Wellness Screening & HSA Incentive Information

By completing an at-home screening that measures blood pressure, cholesterol, blood sugar and body mass index, and asks about tobacco use, you are eligible for the incentive contribution for 2016.

2016 Plan Year Health Savings Account (HSA) Contributions

Base Contribution	Incentive Contribution <small>(By taking the wellness screening and the StayWell health assessment between Oct. 27 – Nov. 9, 2015 with your enrollment employees will receive an additional \$300 single/\$600 Family, total contribution listed below)</small>
<ul style="list-style-type: none">• \$500 for single and• \$1000 for family coverage	<ul style="list-style-type: none">• \$800 for single coverage,• \$1600 for family coverage.

Enroll in the ACDHP by November 9, 2015 and do the following:

1. **Request your wellness screening home kit** by contacting Homeland Health at 1-877-746-8060. Have your health plan member ID card when you call to request for your kit. There are no out-of-pocket costs. After receiving your kit, follow the instructions provided and **return your completed kit to the lab in the postage paid mailer by December 2, 2015.**
2. **Take a follow-up call with a registered nurse** from Homeland Health. Laboratory results from the wellness screening are sent to you by mail and to Homeland Health. This health education consult will provide a brief explanation of what the results mean and what health education resources are available to you. *Your confidential health data is protected by state and federal regulations including HIPAA. The State will never see your private information.*

Know your numbers!

- ✓ Have an accurate picture of your current health status.
- ✓ Another way to mark your progress toward a healthier you.
- ✓ A chance to make healthy lifestyle changes.
- ✓ An increased contribution to your HSA for 2016.