WELLNESS AND BENEFITS UPDATES FOR 2017
Agenda

• Health Insurance Overview
• Benelect Changes
• Wellness Activities and Incentives
• Premium Rates
• Important Dates to Remember
Health Insurance Overview

- Four health insurance plans
  - MMO PPO, Anthem PPO, Anthem HDHP, MMO HMO
- 86% of faculty/staff enrolled in self-insured options
  - CWRU pays claims
  - Administration fees
  - Stop Loss
1. **New HMO: Medical Mutual CLE-Care**
   Replaces the Medical Mutual SuperMed HMO MetroHealth network
   Same design as current HMO:
   - Primary Care - $15 copay
   - Specialist Care - $30 copay
   - Generic Rx - $15 copay
   - Brand Rx - $30 copay
2. **Infertility Services**
   IUI and IVF services will be covered on the PPO and HDHP

3. **CVS MinuteClinic®**
   Provides access to lower cost, high quality care as an alternative to more costly Urgent Care and ER visits

4. **IRS Contribution Limits**
   HSA: $3,400 single/$6,750 family
   FSA: $2,550*
2016 Wellness Programs

• Program Participation Opportunities:
  • Tobacco Cessation
  • Stress Management
  • Weight Management or Nutrition
  • Physical Activity

• Complete any one of the above and qualify for $100 cash payment at end of 2016. Max. financial reward is $200 (for two different Wellness Program Incentives).

• HCM – Main Menu – Self Service – Benefits – Wellness Program Participation
Fall Wellness Activities

• Requirements:
  • Health Risk Assessment
  • Biometric Screening
  • Tobacco Attestation Form
• Qualify for $25/month Wellness Premium Incentive during 2017
• To check that all activities have been completed and recorded: HCM – Main Menu – Self Service – Personal Information – Wellness Summary
Fall Wellness Activities

• University of Michigan Health Risk Assessment
  • [www.case.edu/hra](http://www.case.edu/hra) - Sept. 1- Nov. 30, 2016
• Quest Diagnostics Biometric Screening
  • [My.questforhealth.com](http://My.questforhealth.com) – Registration open now
  • Registration key = CWRU
  • Patient Service Center visits can be scheduled at website above
  • Physician Results Form – available online
• Tobacco Attestation Form
  • Sept. 1 – Nov. 30, 2016 in HCM - Main Menu - Self-Service – Benefits – Tobacco Attestation Form
On Campus Screening Information

**Crawford Hall, Room 209**
- October 11-13 (7:00 am - 12:00 pm; end at 11 am on Oct. 13)
- November 1-4 (7:00 am - 12:00 pm; end at 11 am on Nov. 4)
- November 14-18 (7:00 am - 12:00 pm)

**FPB School of Nursing, Faculty Staff Lounge**
- October 18-20 (7:00 am – 12:00 pm)
- October 25-27 (7:00 am - 12:00 pm)
- November 21-23 (7:00 am - 12:00 pm)
- November 28-30 (7:00 am - 1:00 pm)

**Tinkham Veale University Center, Senior Classroom A**
- (CWRU ID required for entry into building before 8 am)
- September 27 (7:00 am - 12:00 pm) and September 28 (7:00 am – 11:30 am)
- October 4-6 (7:00 am – 12:00 pm)
- November 7-11 (7:00 am - 12:00 pm; end at 11:30 am on Nov. 9)
2017 Wellness Incentive Categories

- Physical Activity
- Stress Management
- Nutrition or Weight Management
- Tobacco Cessation
- Financial
- Community
2017 Wellness Program - Participation Options

- Tobacco Cessation
  - Ease@work group program
  - Quit Line Program – Individual Coaching
- Stress Management
  - Relax Line
  - S.M.A.R.T. Series
  - Meditation & Mindfulness
- Weight Management or Nutrition
  - Nutrition Series
  - Weight Watchers Subsidy
- Physical Activity
  - Multi-week Team Competition
  - Workplace Workout & Healthy Backs & Bodies 1.0 & 2.0
  - Free use of Veale & Wyant Centers
- SelfHelpWorks - Online Programs
- Financial Well-being & Healthcare Consumerism
Flu Vaccination Opportunities

- Onsite Flu Vaccination Clinics
  - Sept. 23  8:30 am – 12:30 pm, TVUC First Floor Conf. Rm.
  - Oct. 13  7 am – 11 am, Crawford Hall Room 209
  - Oct. 28  8:30 am – 12:30 pm, SON Faculty Staff Lounge
  - Nov. 9  11 am – 5 pm, Benefits Fair in TVUC Ballroom
  - Nov. 10  8 am – 2 pm, Benefits Fair in TVUC Ballroom

- CVS Pharmacy Program
  - Injectable Seasonal Flu Vaccination (Quadrivalent & High-Dose) - $0 Copay
  - Preventive Care Vaccines for Children & Adults - $0 Copay
Medical Premiums in 2017

• Premium increases higher than expected
  – HMO 1.1%
  – MMO PPO 7.1%
  – Anthem 10.5%

• Impact
  – Employees w/ Single coverage: $0 to $11 per month
  – Employees w/ Family coverage: $4 to $62 per month
# Medical Premiums in 2017

- **Premium Illustrations – Anthem PPO**

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Dental & Vision Premiums in 2017

• Dental premiums:
  – Employee impact: current rates unchanged

• Vision premiums
  – Employee impact: current rates unchanged
Important Dates

Schedule an onsite screening
Benelect Open Enrollment
Benefits Fair
Wellness Engagement Opportunities:

- HRA
- Onsite Biometric Screening
- Tobacco Attestation

Today – Nov. 16
Nov. 7 – 30
Nov. 9 – 10
Today – Nov. 30
Today – Nov. 30
Today – Nov. 30
For More Information

AskHR@case.edu

Wellness

Benefits

216.368.6964

case.edu/wellness

hr.case.edu/benefits