

### **A Healthier Lifestyle Starts With a Program Designed to Fit You**

Congratulations on choosing either the Partnership PPO or the Wellness HealthSavings CDHP and taking a more active role in your health! The Partnership Promise aims to help you stay healthy and to slow or stop the progression of disease if you are currently living with chronic illnesses.

**New Employees and Newly Covered Employees or Spouses** (after 1/1/16) enrolled in the Partnership PPO or the Wellness HealthSavings CDHP must complete the requirements of the Partnership Promise each year they are enrolled. If the requirements aren't met, you'll be transferred to a different plan the following year.

- The Partnership PPO and the Wellness HealthSavings CDHP options allows you to pay less for your coverage by taking an active role in your health and fulfilling the Partnership Promise.
- The Partnership Promise is an annual commitment.
- The Partnership Promise requirements may change from one year to the next.

### **New Member 2016 Partnership Promise Checklist\***

#### **New members and their covered spouses must only do TWO things:**

- Complete the online Healthways Well-Being Assessment™ (WBA)
- Get a biometric health screening

**Both requirements must be completed within 120 days of your insurance coverage effective date.**

\*If your insurance coverage effective date is between September 1, 2016 and December 31, 2016, you will not have to complete the 2016 Partnership Promise.

### **Online Well-Being Assessment**

The online Well-Being Assessment (WBA) summarizes your overall health and offers steps you can take to improve. You'll learn more about your physical, emotional and social health and how your lifestyle habits affect your overall well-being. Visit [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov) and click on "My Wellness Login" at the top of the page to access the WBA. **The WBA must be completed within 120 days of your coverage effective date.** More information can be found on the ParTNeRS for Health website under the 2016 Partnership Promise link. A chart showing the coverage effective date and the 120 days deadline is included on the website.

### **Biometric Health Screening**

New employees and their covered spouses must get a biometric health screening. There are two ways:

- 1. You may participate in an onsite screening.** To see a complete list of locations and dates and to schedule your onsite screening, go to [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov). In the Quick Links box, click on **Complete your Biometric Screening**.
- 2. You may go to your doctor with your Physician Screening Form.** Take your form to your next appointment for your doctor to fill out. Then you or your doctor's office must return the form to Onsite Health Diagnostics (OHD). Go to [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov), go to the Quick Links box and select **Complete your Biometric Screening**. You may use biometrics up to one year prior to your coverage effective date.

**Be sure to send your completed form to OHD within 120 days of your insurance coverage effective date.**