



HEALTHY  
LIFESTYLE  
PREMIUM  
DISCOUNTS



## 2019/20 Healthy Lifestyle Premium Discounts (HLPDs)

You can save up to **\$35 per pay period** by qualifying for the 2019/20 [Healthy Lifestyle Premium Discounts](#) (HLPDs). Eligibility requirements for HLPD #1 must be completed during Annual Enrollment in the spring 2019 and HLPDs #2, #3, and #4 must be completed between **March 1, 2018 and February 28, 2019**. Please take a moment to review the instructions for each HLPD below. For more information read the [Healthy Lifestyle Premium Discount FAQs](#).

### **HLPD #1 – Tobacco Free (\$20 per pay period)**

Remember to certify your tobacco-free status during **Annual Enrollment (Spring 2019)** in the Employee Self- Service Portal (ADP). You must be tobacco free for at least the past 3 months from the date you certify. If you are a tobacco user, you can find support at the [Tobacco Cessation](#) webpage including [Aetna’s Healthy Lifestyle Coaching \(HLC\) Tobacco Free Program](#). Tobacco use includes cigars, cigarettes, chewing tobacco, pipe tobacco, electronic cigarettes or any other tobacco product.

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### **HLPD #2 – Complete the online Health Assessment (\$5 per pay period)**

To take the Health Assessment, go to [www.aetna.com](http://www.aetna.com) and sign in with your Aetna username and password or register if you are a first-time user. Click on “Complete Your Assessment” and take the short questionnaire. If you’re lost – view the [Instructions for completing your Online Health Assessment](#).

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### **HLPD #3 – Complete an eligible Preventive Exam (\$5 per pay period)**

Eligible preventive exam services may include an annual physical exam, routine preventive lab panel, mammography preventive exam, prostate preventive exam, colorectal preventive exam, or well adult/woman exam. Employee Wellness will receive an eligibility file from Aetna each month which will include a list of employees who completed an eligible preventive exam. Alternatively, you may print out the [Preventive Exam Affidavit](#) and have your healthcare provider sign the form to submit to Employee Wellness as proof of completion of one of the eligible preventive exams/screenings.

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### **HLPD #4 - Earn 100 Healthy Lifestyle Activity Points (HLAPs) (\$5 per pay period)**

You can earn your HLAPs by participating in a variety of wellness programs and events. View the [Employee Wellness](#) webpage to view programs and activities eligible for HLAPS.

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Your records will be updated in the Employee Self-Service Portal (ADP) by the 15<sup>th</sup> of the month following verification of completion. Remember to regularly view your progress. Instructions for [Reviewing Your Progress toward Healthy Lifestyle Premium Discounts \(HLPDs\)](#). If there is a discrepancy, please notify [Employee Wellness](#) right away. All discounts will be solely based on completing the eligibility requirements within the deadlines. It is critical that you review your records for accuracy as appeals will not be accepted except in rare, unavoidable circumstances.

All completed 2019/20 HLPDs will be effective **July 1, 2019**.

If you have any questions, please email [wellness@pima.gov](mailto:wellness@pima.gov). [www.pima.gov/bewell](http://www.pima.gov/bewell)

