

HEALTHY LIFESTYLE PREMIUM DISCOUNT FAQs

Q: How do I earn a Healthy Lifestyle Premium Discount (HLPD)?

A: By taking simple steps like being tobacco-free, completing the on-line health assessment, completing a preventive exam, or participating in other healthy lifestyle activities you're making meaningful strides toward improved health and can help you save on your medical premiums. Specifically:

1. Be Tobacco Free
2. Complete the Aetna Online Health Assessment
3. Complete a Preventive Exam
4. Earn at least 100 Healthy Lifestyle Activity Points

Print a copy of the [Healthy Lifestyle Program brochure](#) for more information or visit the [Healthy Lifestyle Program webpage](#).

Q: Is there a deadline to earn my HLPDs?

A: Yes. All HLPD's must be completed between **March 1, 2015 and February 28, 2016** in order to be eligible for the upcoming fiscal year 2016-17. The 2016-17 fiscal year is July 1, 2016 – June 30, 2017.

Q: Why is the reporting year and the fiscal year different?

A: Discounts are based upon the completion of an eligibility requirement within the reporting year (**March 1, 2015 – February 28, 2016**). If an employee completes and eligible activity within that time period, they are eligible to receive a HLPD for the following fiscal year (**July 1, 2016 – June 30, 2017**).

There are several factors that delay an employee's eligibility record to be updated:

- It can take several months for a preventive exam claim to process and an eligibility file to be sent.
- Late submittals of completion forms.
- The tobacco-free discount certification does not take place until during Annual Enrollment.
- All eligibility records are audited for accuracy.

HEALTHY LIFESTYLE PREMIUM DISCOUNT FAQs

Q: How can I view my progress?

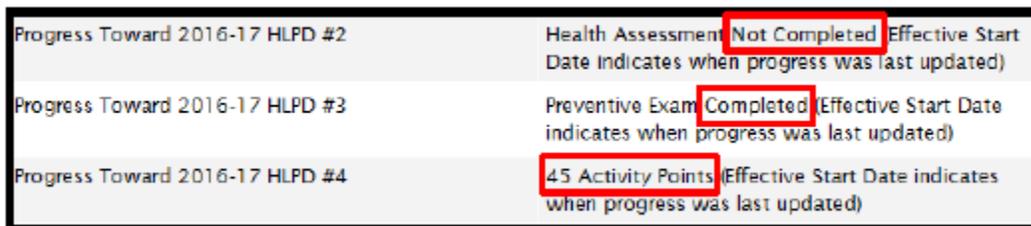
A: Read detailed instructions for [Viewing your Progress Toward 2016-17 HLPDs](#).

Progress toward FY 2016-17 HLPDs can be found by signing on to the [Employer Self Service \(ESS\) portal](#). From the main page, hover your mouse over the “Benefits” tab and click on “Welcome”. A new screen will appear with a hyperlink to click which will take you to your Benefits Information screen.

From your Benefits Information page, click on “My Information” and select “Current Benefits”. The screen that will appear will show you both your current benefits for FY 2015-16 as well as Progress Toward 2016-17 HLPD #2-4. The column labeled “Effective start date” indicates when your records were last updated. All records are updated around the 10th of each month for the previous month.

For Example:

- Tobacco discount eligibility does not display. In the example screen shot below, the employee has:
- Not completed the online health assessment.
- Completed a preventive exam.
- 45 Activity Points This employee still needs 55 points in order to qualify for the HLPD #4. Any points 100 or more will state “100+ Activity Points Completed”.



Progress Toward 2016-17 HLPD #2	Health Assessment Not Completed (Effective Start Date indicates when progress was last updated)
Progress Toward 2016-17 HLPD #3	Preventive Exam Completed (Effective Start Date indicates when progress was last updated)
Progress Toward 2016-17 HLPD #4	45 Activity Points (Effective Start Date indicates when progress was last updated)

HEALTHY LIFESTYLE PREMIUM DISCOUNT FAQs

Q: Do I need to do anything to claim each of the HLPDs?

A: As part of a new and more convenient process for the upcoming fiscal year, there will no longer be a certification process to receive HLPDs. The health assessment, preventive exam and healthy lifestyle activity points discounts will be solely based on completing the eligibility requirements within the reporting period. The reporting period for FY 2016-17 discount eligibility is **March 1, 2015 – February 28, 2016**. This means it is critical that you review your records for accuracy as appeals will not be requested except in rare and unavoidable circumstances. The tobacco-free discount will continue to be self-reported and will be the only certification necessary during Annual Enrollment in the spring.

Q: How can I receive important information regarding my HLPDs?

A: By signing up for the Healthy Lifestyle Program email distribution list, you will begin receiving important information including:

- How to complete your online health assessment
- Promotion of upcoming health screening events (biometric screening, Mobile-Onsite-Mammography, flu shot clinics, etc...
- Pre-registration into upcoming wellness programs and events
- Information on how to be a smart healthcare consumer
- Progress toward eligibility of future Healthy Lifestyle Premium Discounts (HLPD's)
- Resources for quitting tobacco
- And much more...

Q: Why isn't my tobacco-free discount showing in ADP?

A: The tobacco-free discount requires you to certify your eligibility in the ESS portal during Annual Enrollment in the spring.

Q: Where do I go to take my health assessment?

A: To complete your health assessment, please first login to www.aetna.com.

[Print Instructions for completing the online Health Assessment.](#)

HEALTHY LIFESTYLE PREMIUM DISCOUNT FAQs

Q: I just completed an annual physical last week, why isn't it showing I'm eligible for the preventive exam discount in ADP?

A: All records are updated around the 10th of each month for the previous month. However, since it can sometime take several months for a Preventive Exam/Screening to be reported. To expedite the process, employees may print a copy of the [Preventive Exam Affidavit](#) and have their physician sign the form and fax back to Employee Wellness for credit (fax 724-8150).

Q: How do I earn 100 Healthy Lifestyle Activity Points?

A: There are several programs and activities offered throughout the year that you can participate in to earn you healthy lifestyle activity points. Programs focus on stress and weight management, nutrition and physical activity to name a few.

Visit the [Healthy Lifestyle Activity webpage](#) to view a list of available programs and activities.

Q: Why is Pima County offering HLPDs?

A: The purpose of the HLPDs is to reward employees that have taken steps toward becoming aware and active in their own health. The ultimate goal is to have employees live a healthier lifestyle and when possible, identify and take actions to avoid or minimize preventable disease. Participation in the program is voluntary. As always, privacy as it relates to health care information is protected by law. We care about your health and want you to be healthy. We want you to know your numbers which can lead to a healthier lifestyle as well as help you work with your doctor to maintain good health.

Q: How is this confidential? Is it reported to our insurance carrier?

A: Your personal information will always remain confidential. Federal laws protect your privacy. Pima County will only receive aggregate results and a list to verify who completed the requirements of the program.

HEALTHY LIFESTYLE PREMIUM DISCOUNT FAQs

Q: Is there a penalty for having high blood pressure, high cholesterol or diabetes? Will I have to pay an extra premium?

A: No, there is not a penalty. We care about you and your health and want you to be healthy. Your information is confidential. We want you to know your numbers which can lead to a healthier lifestyle, as well as help you work with your doctor to manage your condition and avoid future complications.

Q: Does my spouse/domestic partner have to participate in the eligibility requirements in order to receive the discounts?

A: No, at this time only the employee (policy holder) is required to participate in the HLPD eligibility requirements to receive the discount.

Q: What if I do not want to receive an HLPD?

A: If you are eligible for an HLPD and you do not wish to receive it, please contact Employee Wellness at 724-8114.