



**HEALTHY LIFESTYLE PREMIUM DISCOUNTS**



**Important Information**

**Eligible Participants:** all employees covered under the Pima County medical plan

**Reporting Period for HLPD #1:** Annual Enrollment *each year*

**Reporting Period for HLPDs #2, #3 and #4:** March 1 - February 28 *each year*

**Distribution Period:** July 1 - June 30 *each year*

**Checklist**

[Healthy Lifestyle Premium Discount webpage](#)

	HLPD #1 - Be Tobacco Free	HLPD #2 - Complete Health Assessment	HLPD #3 - Complete a Preventive Exam	HLPD #4 - Earn 100 Healthy Lifestyle Activity Points
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Discount Details</b>	Tobacco use includes cigars, cigarettes, chewing tobacco, pipe tobacco, electronic cigarettes or any other commercial tobacco product. Must be tobacco free for at least the past three months from the date you certify.	The health assessment is an important step in understanding the big picture of your health. This simple online survey asks a series of questions and is designed to help you understand your potential risk for chronic medical conditions and steps you can take to reduce your risk. It should take you about 15 minutes to complete.  <b>Note:</b> Aetna's Journey program is not required to receive the discount.	Preventive health exams or screening services are covered at 100%. They include: <ul style="list-style-type: none"> <li>• Annual Physical Exam</li> <li>• Routine Preventive Lab Panel</li> <li>• Mammography Preventive Exam</li> <li>• Prostate Preventive Exam</li> <li>• Colorectal Preventive Exam</li> <li>• Well Adult/Woman Exam</li> </ul> <b>Note:</b> They do not include diagnostic exams for a current chronic health condition. Please request a routine preventive exam with your doctor when scheduling your appointment.	Earn at least 100 Healthy Lifestyle Activity Points (HLAPs) by participating in a variety of Employee Wellness programs throughout the fiscal year. Program examples focus on stress and weight management, nutrition and physical activity.  <b>Note:</b> Qualifying programs are subject to change.
<b>How to Submit</b>	The certification is self-reported during Annual Enrollment each year.  If you become tobacco-free for at least three months, you may submit a Tobacco-free certification form. Please contact <a href="mailto:wellness@pima.gov">wellness@pima.gov</a> for more information.	Visit <a href="http://www.aetna.com">www.aetna.com</a> to complete your online health assessment.  Pima County will receive an eligibility file from Aetna each month which will include a list of employees who completed the online health assessment.	Complete at least one qualifying preventive exam.  Pima County will receive an eligibility file from Aetna each month which will include a list of employees who completed an eligible preventive exam. You may also submit a <a href="#">Preventive Exam Affidavit</a> .	Once you complete the program requirements, submit all necessary documentation by the program deadline.
<b>Discount Amount</b>	<b>\$20</b> <i>per pay period</i>	<b>\$5</b> <i>per pay period</i>	<b>\$5</b> <i>per pay period</i>	<b>\$5</b> <i>per pay period</i>

