



HEALTHY  
LIFESTYLE  
PREMIUM  
DISCOUNTS



## 2021/22 Healthy Lifestyle Premium Discounts for New Hires

*(hired between March 2021 and May 2022)*

Employee Wellness Wants to reward you for healthy choices you've made like being tobacco free, being physically active, or completing preventive exams/screenings.

You can save up to **\$35 per pay period** by qualifying for the current 2021/22 [Healthy Lifestyle Premium Discounts](#). Eligibility requirements for 2021/22 Discount #1 – Be Tobacco Free will be completed during your New Hire benefits election process. Eligibility requirements for the 2021/22 Discount #2 – Healthy Lifestyle Activity Points must have been completed between **March 1, 2020 and February 28, 2021**. If eligible, discounts will be applied when your benefits become effective until June 30, 2021. Please take a moment to review the instructions for each Discount below.

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

Certify your tobacco-free status during your New Hire benefits election window in the Employee Self-Service (ESS) Portal (ADP). Tobacco use includes cigars, cigarettes, chewing tobacco, pipe tobacco, electronic cigarettes or any other tobacco product. 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.

**Reasonable Alternative:** Employees who attest to using tobacco products may complete the [Aetna Healthy Lifestyle Coaching Tobacco Free Program](#) or provide proof of working with a primary care provider to quit tobacco products and still be eligible to receive the full, annual premium discount retroactive to the beginning of the plan year. Please contact Employee Wellness for further information and forms.

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### **Discount #2 – Healthy Lifestyle Activity Points (Up to \$15 per pay period)**

- Did you have a qualifying preventive exam or screening during the dates of March 1, 2020 - February 28, 2021? If so, please request the 2020-2021 Preventive Exam/Screening Affidavit from Employee Wellness.
- Do you have record of your minutes of physical activity during the dates of March 1, 2020 - February 28, 2021? If so, please request the Seasonal Fitness Challenge information and forms from Employee Wellness.

Points earned from these two items will translate to the level of discount you will earn.

- Level 1 - 50 points: \$5 total per pay period
- Level 2 - 100 points: \$10 total per period
- Level 3 - 150+ points: \$15 total per pay period

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

