



## HEALTHY LIFESTYLE PREMIUM DISCOUNTS



# 2022/23 Healthy Lifestyle Premium Discounts

Employee Wellness Wants to reward you for making healthy choices like being tobacco free, participating in your choice of healthy lifestyle program, events & activities or completing preventive exams/screenings. The Healthy Lifestyle Program is designed to provide the tools and services you need to engage, develop and sustain healthy behaviors to improve your overall quality of life.

You can save up to **\$35 per pay period** by qualifying for the 2022/23 [Healthy Lifestyle Premium Discounts](#). Eligibility requirements for 2022/23 Discount #1 – Be Tobacco Free must be completed during Spring Annual Enrollment 2021. Eligibility requirements for the 2022/23 Discount #2 – Healthy Lifestyle Activity Points must be completed between **March 1, 2021 and February 28, 2022**. Discounts will be applied July 1, 2022 – June 30, 2023. Please take a moment to review the instructions for each Discount below.

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

Remember to certify your tobacco-free status during **Spring Annual Enrollment** in the Employee Self- Service (ESS) Portal (ADP). You must be tobacco free for at least the past 3 months from the date you certify. Tobacco use includes cigars, cigarettes, chewing tobacco, pipe tobacco, electronic cigarettes or any other tobacco product. 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)**

Earn points by participating in a variety of wellness programs, events and activities. View a menu of wellness program options available to participate in throughout the reporting year by visiting the [Discount #2: Healthy Lifestyle Activity Points](#) webpage.

- 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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Your records will be updated in the Employee Self-Service (ESS) Portal (ADP) by the 15<sup>th</sup> of the month following the month the record was received and verified. Remember to regularly view your points and level progress - [Checking Progress Towards 2022-23 Discounts in MyADP Instructions](#). 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.

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

