



## 2018 ACTION STEPS FOR ALL SMART CHOICES HEALTHY REWARDS PROGRAM PARTICIPANTS

Both member and spouse are required to complete one of the options below (per your enrolled Health Plan) by November 30, 2018 to maintain your 6-month dollar bank and your accrual of monies to your HRA “Benny Card”. If you are in the Kaiser Plan, failure to do so will **also** put you into the \$1000 deductible medical plan beginning January 1, 2019.

### **Anthem Blue Cross/Indemnity Plan:**

#### **Option MedExpert online Health Assessment:**

Call Med Expert at 1-800-999-1999 to complete your Health Risk Questionnaire over the phone, or go online at <https://smartchoice.medexperthealth.com>. Your completion of the Health Assessment will be uploaded to HS&BA and no further action is required by the member/spouse.

#### **Option Biometric Screening – Quest: (Form Required)**

In order to complete the blood work through Quest Diagnostics, go online to register at [www.My.QuestForHealth.com](http://www.My.QuestForHealth.com), download a physician form (that you will need to take with you) and make an appointment to visit the Quest Diagnostic facility closest to you. Your physician will complete the form; you keep the results and email them to the Trust Fund Office at [dc16info@hsba.com](mailto:dc16info@hsba.com).

### **Kaiser Plan:**

#### **Option Online Health Assessment: (Certificate of Completion Required)**

Log on to [kp.org](http://kp.org) or <https://healthy.kaiserpermanente.org/northern-california> (you must be registered to site) go to the “Health & Wellness” tab, scroll down to “Programs & Classes”. Click on “Total Health Assessment”. Click “Take a Total Health Assessment” and click on “Start Health Assessment”. Once you finish print your certificate by clicking on the trophy or “My Achievements”, click on “View Certificate” and print for your documentation. Email certificate to [dc16info@hsba.com](mailto:dc16info@hsba.com).

#### **Option in-Person Class: (Form Required)**

Call Kaiser at (800)464-4000 (press 0 and speak with attendant, request information on Health Risk Assessment classes, attendant will give you phone number for Health Education Department at a Kaiser facility nearest you), or go to [www.kp.org](http://www.kp.org) and access tab marked “Health and Wellness”, scroll down to “Program and Classes”, click Classes, coaching and more to attend a Health Education Class of your choice. Download class certificate at [www.dc16trustfund.org](http://www.dc16trustfund.org) (click “Benefits” tab, select “Smart Choices”, in yellow select “Kaiser Instructions on Completing an Online or in-Person Health Education Course”, print document, and take with you to class. Certificate is to be completed and stamped by the class instructor; Email certificate to [dc16info@hsba.com](mailto:dc16info@hsba.com).

### **COMPLETION:**

HS&BA will notify you, by letter, that their records indicate you (and your spouse) have completed your Healthy Rewards program requirements for the 2019 calendar year, Congratulations! Please allow 4 to 6 weeks for completion letter and please keep all your completed documents for your records.