



Premium Reward Requirements 2015-2016 Plan Year

Premium rewards for the upcoming plan year starting July 1, 2015 will be available to employees or retirees and their covered spouses enrolled in the COVA Care or COVA HealthAware Plan on or before July 1, 2015.

1. If you are already receiving a reward, you will be required to update your online health assessment no earlier than March 1, 2015, and no later than June 30, 2015, to continue your reward without a break.
2. If you are enrolled in COVA Care or COVA HealthAware and not currently receiving a premium rewards, you must:
 - a. complete a health assessment no earlier than March 1, 2015, and
 - b. submit a biometric screening with measurements no earlier than April 1, 2013.
3. Participants who are newly eligible for premium rewards must:
 - a. complete a health assessment no earlier than March 1, 2015, and
 - b. submit a biometric screening with measurements no earlier than April 1, 2013.

Complete the required healthy action(s) by June 30, 2015 to begin the rewards on July 1, 2015. If the requirements are not completed by June 30, 2015, eligible members can complete the health assessment and/or the biometric screening during the plan year. The member's Premium Reward will be effective the first of the month after both requirements are completed, submitted and accepted.

Contact ActiveHealth at 1 (866) 938-0349 if you need additional information.

Instructions for completing the health assessment and submitting biometric screening results may be found on the next page.

How to Qualify for a Premium Reward

Just complete two Healthy Actions and you are on your way! To get started, go to www.myactivehealth.com/cova.

#1: Complete a Personal Health Assessment about your health and lifestyle.

- Complete or update your health assessment using the “Wizard” or you can review the questions in each category.
- **You must answer all required questions to receive credit for completion.**
- Click “Submit now” once you have answered the questions.

#2: Report your Biometric Screenings Results to benchmark and evaluate changes in your health over time.

- Print a Physician Results Form from MyActiveHealth.
- Follow the instructions on the form to report your biometric screening results.
- Keep a copy of your confirmation e-mail or letter stating your form has been accepted.

First time user? You will need to create an account using your Employee ID number. If you do not know your Employee ID, see your agency Benefits Administrator.

If you don't have access to the Internet, call MyActiveHealth at **1-866-938-0349**.