



**Wellness Program
Insurance Plan Year 2015
December 1, 2014 - November 30, 2015¹**

<u>Activity</u>	<u>Deadline</u>	<u>Reimbursement²</u>
Get a Wellness Exam ³ 2015 Exam Certificate is located at: www.botetourtva.gov/insurance/	August 31, 2015	\$100
Complete Online Health Risk Assessment	August 31, 2015	\$100
Complete (3) Wellness Seminars (topics of your choosing) www.medcost.com	August 31, 2015	\$155

Notes:

1. Employees must be insured on the County's health plan as of December 1, 2014 to be eligible to participate in the wellness program and must be actively employed at the time reimbursements are issued.

2. Participation by both the employee and a covered spouse is required to qualify for 100% of the reimbursement amount. Participating employees whose covered spouse does not participate may qualify for 50% of the reimbursement amount. Spouses will not qualify for any reimbursement if the employee does not participate.

3. Exams must include screenings for total cholesterol, glucose, blood pressure, and body mass index. Documentation of exams on a County provided form(WEC2015) must be received by Human Resources by August 31, 2015. Form (WEC2015) will be the only form accepted for the 2015 Wellness Exam.

4. Payments will be made in October for activities completed by August 31, 2015. *Per IRS regulations, reimbursements must be included in the employee's paycheck as a non-taxable payment.*

******PLEASE NOTE******

It is the employees' responsibility to understand and adhere to Wellness Program instructions/guidelines as listed herein.

Under no exception will the deadline dates listed herein be changed.

Contact Human Resources with any questions you may have regarding the 2015 Wellness Program.