



**Wellness Program  
Insurance Plan Year  
December 1, 2015 - November 30, 2016<sup>1</sup>**

*Wellness Program for 2016 will be open from January 1, 2016 – July, 29, 2016*

<u>Activity</u>	<u>Deadline</u>	<u>Reimbursement<sup>2</sup></u>
Get a Wellness Exam <sup>3</sup> 2016 Exam Certificate is located at: <a href="http://www.botetourtva.gov/insurance/">www.botetourtva.gov/insurance/</a>	July 29, 2016	\$155
Complete Online Health Risk Assessment	July 29, 2016	\$100
Complete (3) Wellness Seminars (topics of your choosing from 2015 or 2016 Seminar listing) <a href="http://www.medcost.com">www.medcost.com</a>	July 29, 2016	\$100

**Notes:**

**1. Employees must be insured on the County's health plan as of December 1, 2015 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(WEC2016) must be received by Human Resources by July 29, 2016. Form (WEC2016) will be the only form accepted for the 2016 Wellness Exam.**

**4. Payments will be made in October for activities completed by July 29, 2016. If an employee completes any portion of the Wellness Program prior to leaving employment with Botetourt County the employee will receive the applicable payout during the month of separation.**

**\*\*\*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 email: [hr@botetourtva.gov](mailto:hr@botetourtva.gov) or phone: 540-473-8233 with any questions you may have regarding the 2016 Wellness Program.*