

Healthy County. *Healthy You.*

BASTROP COUNTY

2024 Wellness Incentive Program



TEXAS ASSOCIATION *of* COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Bastrop County Wellness Incentive Program

The Bastrop County Wellness Incentive Program is available to employees enrolled in the county's health benefit plan. From Oct. 1, 2023, to April 30, 2024, benefit-eligible employees have an opportunity to qualify for a wellness incentive.

The Wellness Incentive Program is voluntary, and employees are not required to participate in order to be covered under the Bastrop County health benefit plan.

Employees who complete the wellness activity in the chart below will receive the corresponding wellness incentive.

WELLNESS ACTIVITIES: Oct. 1, 2023 – April 30, 2024

WELLNESS PROGRAM INCENTIVE

Annual Physical Exam:

Obtain an annual physical with a network provider by April 30, 2024

One Paid Time Off (PTO) Day to be applied at least two months after the Annual Physical is completed. The PTO Day must be used prior to Sept. 30, 2024.

Take Action! — Oct. 1, 2023 to April 30, 2024

Get an Annual Physical Exam (or Well-Woman Exam)

Rather than treat a condition after it has progressed, preventive care aims to prevent disease. Getting an annual checkup is important to maintaining good health and preventing disease.

Obtain an annual physical exam by April 30, 2024, to earn PTO day. Physician visits for only lab work do not meet the requirements for the Wellness Incentive Program.

Preventive Exams Covered at 100%

Preventive exams are covered at 100% and are not subject to a copay unless additional health concerns are addressed during the visit, which may prompt an office visit copay.

Annual Physical Exam Verification

Employees can complete an **Annual Physical** online verification on your WebMD ONE Rewards page.

1. Log in to the **Healthy County WebMD ONE** portal at www.county.org/webmdone or mybenefits.county.org.
2. Click **REWARDS** in the middle of the page.
3. Select **Bastrop County Incentive Program**.
4. Click **Annual Physical**.
5. Select **Annual Physical Certification**.
6. Enter exam date and click **SAVE**.

New Hires

New hires are eligible to participate in Bastrop County's Wellness Incentive Program once their health benefits become effective.

Healthy County How-To Guide

Please follow the instructions in our **How-To Guide** inserted in this brochure to set up your WebMD ONE account, purchase your activity tracker and sync it to the portal.

How can I check if I've completed the wellness incentive requirements?

1. Log in to the **WebMD ONE Wellness Portal** at www.county.org/webmdone or mybenefits.county.org.
2. Click on the **REWARDS** tab in the middle of page.
3. Select **Bastrop County Incentive Program** and click on **Annual Physical** to view activity requirements and completion status.

Tips for Scheduling Your Annual Physical Exam

- Schedule your appointment with a network provider early so you don't risk missing the **April 30, 2024**, deadline.
- Ensure your selected provider is a network provider under the **Blue Cross and Blue Shield of Texas (BCBSTX) Blue Choice PPO network**.

- Use the **Provider Finder** at www.bcbstx.com or log in to mybenefits.county.org and select **Find a Provider** under the **BCBS Featured Card**.
- Inform the doctor's office appointment staff that you are scheduling your annual wellness checkup and biometric screening.

Resources

- For questions about your benefits or to find an in-network provider, please contact or access: **Blue Cross and Blue Shield of Texas Customer Service:** (855) 357-5228
- **Healthy County Portal Energized by WebMD ONE:** www.county.org/webmdone
- **Employee Single Sign-On Website:** mybenefits.county.org
- **Healthy County Website:** www.county.org/healthycounty

Are there other options?

If it is unreasonably difficult for you to complete any of the wellness activities in the Wellness Incentive Program due to a medical condition, or if it is medically inadvisable for you to complete such requirements, please email healthycounty@county.org no later than **April 30, 2024**, for a reasonable alternative.



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