



# STATE HEALTH BENEFIT PLAN

## WELLNESS PROMISE 2012

By choosing the Wellness HRA, Wellness HMO or Wellness HDHP Option, I understand that the lower out-of-pocket costs and lower premiums are based on this Wellness Promise.

By enrolling in one of the Wellness Options, I agree to the terms and conditions of the Wellness Promise. I understand that I and my spouse (if covered) must:

1. Complete the selected healthcare vendor's online Health Assessment through [mycigna.com](http://mycigna.com) or [myuhc.com](http://myuhc.com). The health assessment must be completed between January 1, 2012 and June 30, 2012.
2. Obtain a biometric screening which includes blood pressure, body mass index, cholesterol and glucose either at a SHBP sponsored worksite screening event or by an in-network physician between July 1, 2011 and June 30, 2012. If the screening is performed by a physician, the "physician screening form" will need to be completed by the physician and faxed securely to CIGNA or UnitedHealthcare. Physician screening forms will be available for download on January 1, 2012 at [www.myshbp.ga.gov](http://www.myshbp.ga.gov) or through your healthcare vendor at [www.mycigna.com](http://www.mycigna.com) or [www.myuhc.com](http://www.myuhc.com). The deadline for receipt of the physician screening form is June 30, 2012.

I understand that if I or my covered spouse do not complete the actions required by the Wellness Promise, we will not be eligible to participate in any of the Wellness Plans in 2013 and will be restricted to the standard plan options.