



HR Payroll Managers



Dear Payroll Managers,

It is time for members to complete their 2013 Wellness Requirements. Please remind SHBP members of the Wellness Requirements as listed below:

Earn your \$240 Incentive Fund Contribution by completing the following health actions:

1. Complete an online Health Assessment through myuhc.com® between January 1, 2013 and 4:30 pm EDT on May 31, 2013.
2. Complete an online health education module through the new SHBP Member Education Portal at www.AHealthierSHBP.com between January 1, 2013 and 4:30 pm EDT on May 31, 2013.
3. Complete a biometric screening including body mass index (BMI), blood pressure, LDL cholesterol and glucose by visiting your physician between July 1, 2011 and May 31, 2013, and have your physician submit a completed 2013 Physician Screening Form to the fax number on the form between November 1, 2012 and 4:30 pm EDT on May 31, 2013. The form for this screening and detailed instructions can be found at www.welcometouhc.com/shbp.

NOTE: If you completed the biometric screening component of the 2012 Wellness Promise (biometric screening between July 1, 2011 and June 30, 2012, and the physician faxed the completed Physician Screening Form by the June 30, 2012 deadline), you do not need to complete another biometric screening. Please visit uhcrewards.healthinsight.com/shbp to view your Online Personal Scorecard for the most current information on your completed health actions. You and your spouse (if covered) can each earn a \$240 Incentive Fund Contribution in 2014 by completing the required health actions.

Visit www.welcometouhc.com/shbp for more information.

EARN THE CHANCE TO WIN

If you complete your 2013 Wellness Requirements, by March 15, 2013, you will be entered into a raffle to win a Samsung Galaxy Tab® 2.

