



## STATE HEALTH BENEFIT PLAN 2013 WELLNESS PROMISE

### **RE-ELECTING A 2013 WELLNESS PLAN**

This means I fulfilled the 2012 Wellness Promise and I am making a Promise to complete the **two** health actions listed below for myself and my spouse (if covered):

1. I and my spouse (if covered) must each complete an interactive online SHBP Member Education module at [www.AHealthierSHBP.com](http://www.AHealthierSHBP.com) between January 1, 2013 and 4:30 p.m. EST on May 31, 2013
2. I and my spouse (if covered) must each complete an online health assessment between January 1, 2013 and 4:30 p.m. EST on May 31, 2013 through [myCIGNA.com](http://myCIGNA.com) or [myuhc.com](http://myuhc.com)

### **NEWLY ENROLLING IN 2013 WELLNESS PLAN**

I am making a Promise to complete the **three** health actions listed below for myself and my spouse (if covered):

1. I and my spouse (if covered) will each complete an interactive online SHBP Member Education module at [www.AHealthierSHBP.com](http://www.AHealthierSHBP.com) between January 1, 2013 and 4:30 p.m. EST on May 31, 2013
2. I and my spouse (if covered) must complete an online health assessment between January 1, 2013 and 4:30 p.m. EST on May 31, 2013 through [myCIGNA.com](http://myCIGNA.com) or [myuhc.com](http://myuhc.com)
3. I and my spouse (if covered) must each obtain a biometric screening (including body mass index (BMI), blood pressure, cholesterol, and glucose) between July 1, 2012 and May 31, 2013 and have the physician fax a completed Physician Screening Form to the number on the form between November 1, 2012 and 4:30 p.m. EST on May 31, 2013