

Wellness Incentive program



**Stephanie
M. Stewart**

Over the past few months, the Plan has received numerous inquiries concerning our Wellness Incentive program. Many of the questions that have come up regard how the program works, and specifically, what is this Total Administrative Services Corporation (TASC) card they received that is associated with the program?

Although I have written and spoken on this topic in the past, it is always our intent to thoroughly educate members about new benefits or programs through various approaches. Many times, additional questions may arise

and there is a need to repeat topics or discuss additional concerns. In this case, there is still a lot of confusion, so I want to take some time to discuss the benefit again.

I believe that these programs can be essential to our members' well-being. It is my goal to increase awareness, help you earn rewards and, most of all, make sure that each member is comfortable with the program. To do that, I would like to talk about the wellness incentives that you can receive as a member of the NALC Health Benefit Plan, which programs qualify and further explain our use of the TASC card.

Let's start at the beginning. On Jan. 1, 2021, the Plan added a Wellness Incentive program to our benefit package. It was a very exciting time for our staff, and we were eager to support each member on their health journey. Primarily, we realized the Plan had an opportunity to encourage our members to adopt healthy lifestyle behaviors in a new way. The Wellness Incentive program allowed us the opportunity to reward these choices by giving you valuable health savings dollars to use toward eligible medical expenses. Everyone likes to have more money in their pocket!

All three of our Plan options include the Wellness Incentive program. However, please keep in mind that the reward amount may vary depending on the Plan you're enrolled in and which incentive program you complete. Programs or preventive benefits included within the program are:

- **Your Health First Disease Management program**—High Option \$50; CDHP/Value Option \$30.
- **Healthy Pregnancies, Healthy Babies program**—High Option \$50; CDHP/Value Option \$30.

- **Tobacco Cessation program**—High Option \$50; CDHP/Value Option \$30.
- **Annual biometric screening**—High Option \$50; CDHP/Value Option \$30.
- **Health assessment**—High Option \$30; CDHP/Value Option \$20.
- **Annual influenza vaccine**—High Option \$10; CDHP/Value Option \$5.
- **Annual pneumococcal vaccine**—High Option \$10; CDHP/Value Option \$5.
- **COVID-19 vaccine**—\$50 for all plans (added to program in July 2021).

Once you have completed your first activity and the Plan receives confirmation, we will send TASC notification to issue you a card with your earned reward amount pre-loaded and ready for your use.

Although it may look like a credit card, please be assured that it does not fall into that category, and will not be tied to your credit or personal history.

It also is important to note that the card will be sent directly from the TASC program—you may be slightly confused when it arrives, as the envelope will not have the Plan's name on the outside. Rest assured, although the card is sent from TASC directly, we have not shared your personal health information or the reason you are receiving the card. In addition, as with any vendor of the Plan, they are prohibited from sharing the limited information they receive (name and address) and must protect this information just as the Plan does.

It may take a few weeks after a wellness activity is completed before you receive the TASC card or money is loaded for additional rewards. It also is important to keep the card in a safe place even if you use all your health account dollars; you may be eligible for wellness incentives in subsequent benefit years, and you will not receive a new card each year. If you need to check the available funds on the card, you can contact TASC at 800-422-4661 or visit its website at tasconline.com.

Like a flex spending account, funds can be used to purchase medical items or services not covered by health insurance. Examples include dental treatment, eyeglasses and over-the-counter medication. For more information, the complete list can be found on our website at nalchbp.org.

As with any new program, there are and have been bumps in the road, but it is my hope that you found this information helpful and that you take the first step to start earning health rewards today.