



2019 Healthy Prospects Is Here!

By completing 3 simple steps in 2019, employees enrolled in the PMH Medical Plan will have the opportunity to earn the Wellness Participant medical premium rate for the 2020 benefits year, which will be **\$50 per month lower than the Non-Wellness Participant medical premium rate.**

- 1** Complete an on-site Biometric Screening or submit the AMS form (completed by your physician) by **August 1, 2019.**
- 2** Complete an online Health Assessment on the Healthy Prospects site by **August 31, 2019.**
- 3** Complete 60 Wellness Points with Healthy Prospects by **August 31, 2019.** (See Wellness Points options below)



New! Qualify for the \$100 Early Bird Gift Card Drawings when you reach 60 wellness points by February, April, or June.



Go to <https://pmh.biovia.healthfitness.com>, or scan the QR code to get started today!

Wellness Points Options

Activity:	Activity Details:	Points Details:	Max Points:
Health Coaching	To enroll, complete your Health Assessment, and then call 800.337.8508, option 2, to schedule your appointment.	15 points per completed goal	60
Biometric Health Measure	Earn wellness points by meeting the following criteria: - Blood pressure: $\leq 120/80$ (Ages ≤ 59) or $\leq 150/90$ (Ages ≥ 60) - Total cholesterol: ≤ 200 or TC:HDL < 4.0 - Glucose: 60-99 (fasting) or 60-139 (non-fasting) - Body mass index (BMI): < 30	15 points per health measure	60
Preventive Care Exam	Track your completion of a medical, dental, or vision exam by going to the 'Tracking' page under 'My Health'. Choose the 'Preventive Care Tracker' from the bottom of the 'Health & Medical' trackers and enter the date of your visit.	15 points per exam	60

Issues accessing your Healthy Prospects account: **800.337.8508, option 1, or customerservice@hfit.com.**



Questions? Contact your Wellness Program Coordinator:

CA and TX: Cindy Lopez, at 714.796.5786 or cindy.lopez@prospectmedical.com.

East Coast: Erica Baxter, at 714.222.1595 or erica.baxter@prospectmedical.com.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees enrolled in the PMH medical plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Sandie Sekely at sandie.sekely@prospectmedical.com and we will work with you (and, if you wish, with your doctor) to find an alternative activity with the same reward that is right for you in light of your health status.