



Your 2019 Healthy Prospects Employee Wellness Program!

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**.



Access Healthy Prospects at <https://pmh.biovia.healthfitness.com> or scan the QR code:



Questions? Contact your Wellness Program Coordinator:



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

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

For issues accessing your Healthy Prospects account, contact Customer Service at 800.337.8508, option 1, or customerservice@hfit.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.

Healthy
PROSPECTS
a wellness benefit of Prospect Medical Holdings