



Act now to earn a **reduction** in your payroll contributions in 2021!

*BeneComm understands that your health is an investment and would like to provide some tools and resources to keep you on track with a healthy lifestyle. You have the opportunity to earn a reduction in 2021 medical premiums by completing the following three wellness activities by **November 30, 2020**.*

1. **Aetna Health Assessment**

To complete the Health Assessment:

- Go to www.aetna.com.
- Log in using your personal ID and password (you may need to complete the new user registration process if this is your first time accessing the Aetna system).
- Click on the link at the top of the page that says "Stay Healthy" to access the Health Assessment.

2. **Preventive Care Visit**

Visit your doctor for a preventive physical or well woman exam. Dates of service from January 1, 2020 through November 30, 2020 will count. **Make sure your doctor codes your visit as a preventive physical to ensure accurate reporting.** Check with your physician to see if they have virtual visits available.



3. Quest Diagnostics Biometric Screening

Listed below are the available screening options (choose one):

- **Qcard:** The Qcard allows you to self-collect your own biometric screening specimen. All necessary screening materials will be shipped directly to you. Simply complete the collection and mail back the specimen to Quest. Make sure you return your materials to Quest the same day you complete the collection. It is suggested you order a Qcard in advance and mail the specimen back **at least two weeks prior to the November 30th deadline** to allow sufficient time for processing.
- **Quest Location:** As in prior years, you may choose to visit a Quest Patient Service Center (PSC) location for your biometric screening. To find a location near you, visit:
<https://appointment.questdiagnostics.com/patient/findlocation>.
- **Physician Results Form:** You can also have your physician fill out a Quest-approved form listing your screening metrics.

Getting Started

Visit [My.QuestForHealth.com](https://my.questforhealth.com) to select your preferred screening option. New users will need to enter a Registration Key (**sample2020**) to get started. Existing users may log in with the username and password created previously. Upon login, select the screening option that works best for you and follow the instructions listed.

For support, contact the Health & Wellness Service Center via email at Wellness@QuestDiagnostics.com or by phone at **1.855.623.9355**.

Note: *Fasting is NOT required!*

Even More Rewards!

In addition to the premium reduction for taking or updating a Health Assessment, you can earn a **\$50 gift card*** by completing an online health coaching program through Aetna that addresses your needs and goals.

Visit aetna.com to get started. Once you've completed both your health assessment and health coaching program, you'll receive an email from Aetna Rewards containing a gift certificate number that you can enter at aetnarewards.com.

* Plan year maximum of \$50 per employee and spouse or domestic partner for an annual maximum of \$100.

