

Health Reimbursement Account Program 2022-2023

Deadline to complete Wellness Incentive and HRA dollars is August 1, 2023.



Try our app!
WellBeing+Me

To visit MyWellness Portal go to - <https://deaconess.ezonlineregistration.net/>

The wellness incentive **must** be completed for dollars to be earned into the HRA at the end of the program year.

Category	Approved Activity	\$ Earned	Verification Method
Personal Health Survey	Complete the Personal Health Survey	\$50.00 One time per year	MyWellness Portal will automatically update to show completion.
One-on-One	<ul style="list-style-type: none"> Wellness Coach Session (In Person or Telephonic) MTM Clinic/Diabetes Center Visits Weight Loss Solutions Visit Personal Training Session (Outside Gym) Any Group Exercise Class (Outside Gym) Any Organized Race: 5k, 10k, etc One Care Visit Financial Advising Therapy or Counseling Session 	\$25.00 per session No max.	Enter dates of completed session into your MyWellness Portal. Must be able to prove visit was completed in Epic or paper documentation. <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Go to the HRA Credit section in your MyWellness portal for more information on logging your participation.</p> </div>
Preventative Care	<p>Must be completed between August 2, 2022—August 1, 2023</p> <ul style="list-style-type: none"> Complete Preventative Age Appropriate Screenings (See approved list on reverse side.) MyChart Sign-Up: Activate or maintain if already complete Advanced Directive documentation to PCP: Complete and submit or review annually if already on file 	\$25.00 per session No max.	Enter the dates of completed activity in your MyWellness portal. Must have paper documentation available for proof of completion, can be found in MyChart. If MyChart or Advanced Directive is already up to date, completion date can be August 2, 2022 or later.
Blood Drive Donation	<ul style="list-style-type: none"> Participate in a blood donation at a local blood drive 	\$25.00 per session Maximum of 2 per year	Enter dates of completed session into your MyWellness Portal. Must be able to prove visit was completed with paper documentation.
Physical Activity /Nutrition Logging	<ul style="list-style-type: none"> Physical Therapy Session 30 mins of Physical Activity - keep a daily log Full Days worth of a food journal (Weight Loss Solutions, Weight Watchers, MyFitness Pal, etc.) 	\$5.00 per session No max.	Enter dates of completed session into your MyWellness Portal. Must be able to provide log documentation if requested. Outside Activity Log is provided in the Portal.

Additional Categories on Reserve Side.

Category	Approved Activity	\$ Earned	Verification Method
Series Programs	<ul style="list-style-type: none"> Wellness Challenges/Series (TBD) Tobacco Cessation Program Financial Class Series Weight Watchers, Profile, or similar meetings Must include telephone coaching session. Logging in app or weighing in will not count 	*Must attend 75% of classes \$100.00	Series/sessions must begin August 2, 2022 or after. *For Weight Watchers or similar provide proof of completion using the Weight Watchers approved log. Submit to Wellness when 6 visits have been completed. Employee Wellness will enter series credit.
Your Wellness Pathway (Two Options)	<p style="text-align: center;"><u>1. Weight Loss</u> 12 week program for sustainable weight loss</p> <p style="text-align: center;"><u>2. Behavior/Lifestyle</u> 12 week program assisting with long term lifestyle/behavior change</p>	\$250.00	To sign up for Your Pathway email Wellness@deaconess.com Reward will be entered by Employee Wellness.
Healthy Weight Reward	<ul style="list-style-type: none"> BMI range 18 - 30 Age Appropriate Body Fat % = healthy range (see handout) Reduce weight by 10% from 21-22 screening year* Lower Body Fat % by 10% from 21-22 screening year* <p>*Must have screening on file from 21-22 year.</p>	\$250.00 one-time per year	Reward will be entered by Employee Wellness.

Email Wellness@deaconess.com with any questions

Approved Preventative Screening List:

- Vision Screening
 - Dental Exam-1 per year
 - Dermatology
 - Hearing Screening
 - Prostate Cancer Screening
 - Mammogram Screening
 - Pelvic Exam & Pap test
 - Colorectal Cancer Screening
- *Cologuard– screening accepted

HRA Information:

- HRA goes towards medical bills after \$700 out-of-pocket is reached by an individual.
- Earn \$400 yearly, money not used rolls over and caps at \$6,000.
- Reimbursement check is received through the mail (Automatically)
- Money is not available to use till the following fiscal year.
- Total HRA earnings** can be found by clicking “MyADP” Icon, Benefits, and click on the “EBC FSA and HRA” link or calling **Benefits** at 450-2025

End of Program Audit:

A random audit of program documentation will be performed at the end of the year. Participants must have all required documentation available within 48 hours from the time they were selected. Any activities performed outside of Employee Wellness must have proof activity was completed. If participant is unable to produce documentation or documentations is invalid, earned dollars will be removed. Please keep all documents up to date and available during program year.