July 23, 2014

To: Employees Enrolled in UA Medical Insurance

*** Announcing a NEW Wellness Program ***
Maximize your medical benefits next year by taking action this summer.

We are beginning our third year of the wellness program through Onlife. Until now this program has been a nice extra. If you participated you received a gift card and hopefully improved your health.

Starting this summer the wellness program is being enhanced to become an essential part of your medical insurance benefits. A greater emphasis will be placed on your personal responsibility and involvement. Tied to that will be a greater reward for your participation.

Between August 1 and October 17, you will need to complete the following two steps in order to receive your wellness reward:

1. **Get your numbers** (such as blood pressure, cholesterol, blood sugar, body mass index) at a biometric screening.

2. **Log into Onlife and complete a health assessment.** You will also take two pledges: one is about tobacco use and the other is your personal health action plan pledge.

See the enclosure for a schedule and log-in instructions.

What is the reward?

The reward will be better benefits under your medical insurance plan in 2015.

Remember that with the exception of most preventive care (which is covered in full under our plan), you have a “cost sharing” amount to pay for your healthcare. Your cost could be a doctor’s office or ER copay; or in the case of an outpatient procedure or hospital stay, you would satisfy the annual deductible and then pay 20% coinsurance. These costs top off at a specific dollar amount, called the “out-of-pocket maximum.” If you reach the maximum, our medical plan (UMR) pays 100 percent of your covered expenses for the remainder of the year. The out-of-
pocket maximum cost applies separately to each covered individual, although the family out-of-pocket maximum won’t exceed two times the individual maximum.

The University of Arkansas System Office has announced that the individual medical* out-of-pocket maximum next year, starting January 1, 2015, will be:

- $4,750 if you get your care in-network
- Reduced to $4,250 if you get your care through UAMS SmartCare

*Prescription drugs are excluded and will have a separate out-of-pocket maximum.

However, by completing the wellness steps this summer and pledging to either improve your health or maintain your current excellent health, your reward will be a reduction in your 2015 medical out-of-pocket maximums to:

- $2,850 in-network
- $2,350 at UAMS SmartCare ($500 savings by coming to UAMS)

This is a potential savings of up to $1,900 to you, doubled to $3,800 if you cover your family!

**IMPORTANT:** To receive the reduced 2015 out-of-pocket maximum for you and your family, you must complete the 2-step wellness program between August 1 and October 17, 2014.

This is critical and worth repeating. Your participation (or non-participation) this year will have a direct impact on you and your family’s benefits next year. If you complete the two-step wellness program by October 17, including taking the pledges, you will receive a new insurance card for 2015 that shows the lower out-of-pocket maximum. If you don’t complete the two steps or waive the pledges, your new insurance card will show the higher amount.

This two-step wellness program applies only to you, the employee. Covered spouses are not eligible for the free biometric screening. However, your spouse may certainly log into Onlife to take advantage of the health assessment and other wellness services that are available free of charge. Children are not eligible to participate.

Onlife will send additional information to you about the wellness program. Also check the Inside UAMS intranet, email announcements, digital signs and newsletter.

Maintaining and improving your health is a “win-win.” It benefits you, your family, your work colleagues and the University. The healthier we are, the less we pay out in expensive health claims. That means lower premiums and better benefits for all.

**It’s time to focus on a healthy YOUniversity!**

Enclosure
WHAT? UAMS EmployeeWellness Action

WHEN? Between August 1 and October 17, 2014

WHO? You! (employees enrolled in medical as of 7-31-2014)

WHY? To save up to $1,900 on your 2015 out-of-pocket medical costs (double that if you cover your family)

HOW? Two steps to get you started

Get your numbers at a biometric screening

UAMS Employee Health Office will conduct biometric screenings for employees who are covered under our medical insurance plan. Find out your blood pressure, cholesterol, blood sugar, body mass index and other vitals. Fasting is not required, although results will be more accurate if you get your screening before you eat. Be sure to show your ID badge.

See the back of this page for the schedule. Or you may visit your in-network primary care physician to obtain your numbers. To do so, first pick up a Physician Screening Form in Human Resources (also available on our website), have your doctor complete, and send to the address found on the form. The information must be on file with Onlife in order to count.

Log into Onlife

After you get your numbers, log into Onlife, www.OnlifeHealth.com, to complete a health assessment questionnaire and agree to the two pledges. See the back of this page for log-in instructions.

Again, it is your activities this year -- completing these two steps -- that will get you the reward next year. In the future we expect to continue to enhance wellness rewards and more closely link medical plan benefits to wellness participation. With the additional rewards will come additional participation requirements and the program will place a greater emphasis on personal responsibility. To be prepared to take advantage of these future opportunities you should participate now in the wellness program.
Biometric Screening Schedule

These are the biometric screenings locations and times that are open to all employees who are enrolled in our medical insurance. Announcements will be made as more dates and locations are added.

**Employee Health- Main**
- Basement of Family Med Clinic
- 8-11:30 a.m.
- Aug 12, 14, 19, 21, 26, 28
- Sept 2, 4, 9, 11, 16, 18

**Employee Health-Satellite**
- Central Building, ground, room 820
- 11:30 a.m.-3:30 p.m.
- Aug 12, 14, 19, 21, 26
- Sept 2, 4, 9, 11, 16, 18

**Hospital Lobby Gallery**
- Aug 1, 10 a.m.-2 p.m.
- Sept 15, 6-10 a.m.
- Sept 26, 11 a.m.-6 p.m.
- Oct 1, 6 a.m.-1:30 p.m.
- Oct 8, 6 a.m.-1:30 p.m.
- Oct 13, 6 a.m.-1:30 p.m.

**Education II Building (G level)**
- Aug 11, 6-10 a.m. G137
- Aug 15, noon – 6 p.m., G108
- Aug 25, 6-10 a.m., G137
- Sept 5, noon – 6 p.m., concourse
- Sept 8, 6-10 a.m., G137
- Sept 12, noon – 6 p.m., G108

**Biomed Building**
- Sept 3, 9 a.m.-2:30 p.m., Atrium

**Emergency Department**
- Rooms 124 and 125
- Aug 20, 8 a.m.-1:30 p.m.

**Westmark Building**
- Aug 7, 8:30-10:30 a.m., room 113

**Shannon Building, MCPG**
- Aug 6, 8:30–11:30 a.m., 4th floor

**Stephens Spine Center**
- Aug 27, 8 a.m.-1:00 p.m., room 640

**University Tower Building**
- Aug 5, 1-2:30 p.m., room 500

**PEDS Foster Care**
- 333 Executive Court
- Aug 28, 2-3 p.m.

**Cancer Institute, 10th floor rotunda**
- Aug 13, 8 a.m.-1 p.m.

**Institute on Aging**
- Sept 10, 8 a.m.-1 p.m., room 1253

**Jones Eye Institute**
- Sept 17, 8 a.m.-1 p.m., room J211

Log into Onlife to take Health Assessment

2. If you are a returning user, enter your username and password.
3. If you are a new user, click “GET STARTED” and type in “UAS” as the key code. Follow the instructions to create your username and password that you’ll use each time you log in.
4. After you complete the health assessment, ignore the “sign me up” prompt for the biometric screening if you have already completed this.

If you have any problems logging in, or have questions while you’re taking the health assessment, call Onlife toll-free at **1-877-369-0285**.