

**NH HealthFirst
Proposed Wellness Design #1**

Employees and Spouses		Reward Per Adult
Year One	√ Establish and continue a relationship with a Primary Care Provider	
	√ Complete a Health Risk Questionnaire	\$50
	√ Remain Smoke-Free or Participate in a Smoking Cessation Program	\$50*
	√ Get a BMI measurement and Blood Pressure reading, and maintain a BMI of <25 and BP of <130/80 or participate in a health management program	\$50*
	√ Get your Blood Glucose and Cholesterol levels checked, and maintain acceptable levels or participate in a health management program	\$50*
Year One - Within 8 Months of Employee's Effective Date	√ Submit a Wellness Verification Form for Year 2 Deductible Credit	
Year Two	√ Complete a Health Risk Questionnaire	\$250 Deductible Credit
	√ Remain Smoke-Free or Participate in a Smoking Cessation Program	\$250 Deductible Credit
	√ Maintain a BMI of <25 and BP of <130/80 or participate in a health management program	\$250 Deductible Credit and \$500 Health Management Compliance Reward**
	√ Maintain acceptable Blood Glucose and Cholesterol levels or participate in a health management program	\$250 Deductible Credit and \$500 Health Management Compliance Reward**
Year Two - Within 8 Months of Benefit Year Start Date	√ Submit a Wellness Verification Form for Year 3 Deductible Credit	
Year Three	√ Complete a Health Risk Questionnaire	\$250 Deductible Credit
	√ Remain Smoke-Free or Participate in a Smoking Cessation Program	\$250 Deductible Credit
	√ Maintain a BMI of <25 and BP of <130/80 or participate in a health management program	\$250 Deductible Credit and \$500 Health Management Compliance Reward**
	√ Maintain acceptable Blood Glucose and Cholesterol levels or participate in a health management program	\$250 Deductible Credit and \$500 Health Management Compliance Reward**

*Reward is granted upon submission of the Wellness Verification Form

**The Health Management Compliance Reward is available to only those individuals identified by the health plan as requiring a health management program and contacted by the health plan to participate in a program. Individuals are eligible for only 1 (ONE) compliance reward per adult per year.