



2019 STARS ENHANCED WELLNESS PROGRAM CHANGES

(NEW) Stars I is now going to be referred to as **SHOOTING STARS**.

(NEW) Stars II is now going to be referred to as **ALL STARS**.

The requirements for **Shooting Stars** are as follows:

1. Complete annual biometrics
2. Share results with physician
3. **(NEW)** Utilize “My Health” online services to complete a Health Risk Assessment
4. Meet with a STARS Wellness Coach to develop, implement, and monitor progress on employee driven Personalized Health and Wellness Planner. Minimum number of visits indicated in plan.
5. Provide documentation of annual physical
6. Provide documentation of annual dental visit (this includes individuals who are edentulous)
7. **(NEW)** Earn a minimum of 500 points on the “Take a Healthy Step” online incentive management tool to either become or remain in ALL-STARS (deeper premium discount).

The requirements for **All Stars** are as follows:

(See previous list for Shooting Stars)

(NEW) Wellness coaching is now available to all full-time employees. Those that opt for wellness coaching, either through STARS or not, will also be eligible to earn incentive points to save throughout the year for a prize at year’s end.