



TRC STARS Enhanced Plan Requirements: Listed below are the *essential* elements of your Personalized Health and Wellness Planner that must be satisfied in order to qualify for a healthcare premium discount and for continued participation in TRC STARS Enhanced HEALTHCARE PLAN.

**2020 PREVENTIVE HEALTHCARE GUIDELINES & AGREEMENT
SHOOTING STARS (I)/ALL STARS (II)**

1. Participation in annual Biometric Screenings.
2. Complete an annual physical by end of plan year.
3. Complete an annual dental visit by en of plan year (this includes individuals who are edentulous).
4. Share Biometric Screening results with Doctor.
5. Utilize “MyHealth” services online including completion of a Health Risk Assessment.
6. Meet with a STARS Health Coach to develop, implement, and monitor progress on employee driven Personalized Health and Wellness Planner. Minimum number of visits indicated in plan.
7. Earn a minimum of 500 points on the “Take a Healthy Step” online incentive management tool.
(Note: This is required to be eligible for and/or remain an All Stars (II)).

I understand and agree to meet the above requirements in 2020 in order to be eligible for the healthcare premium discount in 2021. I have also been encouraged by my Health Coach to share my biometric results with my physician.

Signature of STARS Employee

Date

Signature of STARS Health Coach

Date

