

# Wellness



You and your spouse want to live your healthiest lives now and in the future. Our voluntary wellness program, Southwest General Wellness, includes tools and resources to help you accomplish your goals.

By meeting the goals below, you and your spouse will earn points which can reduce your monthly medical premiums for the 2022 plan year. And, you'll have a baseline for taking the right steps to improve or maintain your health.

In the 2021 wellness program, employees and covered spouses can earn a total of 22 points. Employee, Employee + Child, and Employee + Children coverage levels will receive an additional 11 points when the employee completes the wellness screening. The additional points will be added after open enrollment in 2021. If you enroll in 2022 benefits for the first time, you will be subject to the Southwest General Wellness Program. All employees are encouraged to participate in the event they happen to enroll in benefits in 2022.

Wellness Screening Tests	Goal	Points Value
<b>Healthy Weight</b>	BMI: $\leq 27.5$ or Waist: Females- $\leq 33$ " Males- $\leq 35$ " or 10% Weight loss since 2018 screening	1
<b>Blood Pressure (mm Hg)</b>	$< 140/85$	1
<b>LDL Cholesterol (mg/dL)</b>	$< 130$	1
<b>Hemoglobin A1c (percent)</b>	$\leq 5.8$	1
<b>Tobacco/Nicotine</b>	Negative	1
<b>Healthy Actions</b>	Complete up to 6 Health Actions for 1 point each. See program guide for details.	6

The goals above are for both employees and spouses for the 2021/2022 Southwest General Wellness program. Improvement goals and points will automatically be calculated and awarded based on your 2020/2021 wellness program results.

Bi-Weekly Wellness Discounts - 2022		0-3	4-6	7-10	11-14	15-18	19-21	22
<b>CDHP PLAN</b>	Employee	\$23.64	\$32.84	\$42.03	\$51.22	\$60.42	\$69.61	\$78.80
	Employee + Child	\$23.88	\$33.16	\$42.44	\$51.72	\$61.02	\$70.30	\$79.58
	Employee + Spouse	\$47.75	\$66.32	\$84.88	\$103.46	\$122.02	\$140.60	\$159.17
	Employee + Children	\$23.41	\$32.51	\$41.61	\$50.71	\$59.82	\$68.92	\$78.02
	Family	\$47.75	\$66.32	\$84.88	\$103.46	\$122.02	\$140.60	\$159.17
<b>BASIC PPO PLAN</b>	Employee	\$24.24	\$33.65	\$43.07	\$52.50	\$61.92	\$71.35	\$80.76
	Employee + Child	\$24.47	\$33.98	\$43.50	\$53.01	\$62.53	\$72.05	\$81.56
	Employee + Spouse	\$48.94	\$67.97	\$86.99	\$106.03	\$125.05	\$144.09	\$163.11
	Employee + Children	\$23.76	\$32.99	\$42.23	\$51.47	\$60.71	\$69.95	\$79.18
	Family	\$48.94	\$67.97	\$86.99	\$106.03	\$125.05	\$144.09	\$163.11
<b>HIGH PPO PLAN</b>	Employee	\$25.56	\$35.49	\$45.42	\$55.36	\$65.30	\$75.23	\$85.17
	Employee + Child	\$25.80	\$35.83	\$45.86	\$55.88	\$65.92	\$75.95	\$85.98
	Employee + Spouse	\$51.59	\$71.66	\$91.71	\$111.78	\$131.83	\$151.90	\$171.96
	Employee + Children	\$24.34	\$33.80	\$43.26	\$52.72	\$62.19	\$71.65	\$81.11
	Family	\$51.59	\$71.66	\$91.71	\$111.78	\$131.83	\$151.90	\$171.96

▶ If you are unable to meet the standard goal, but still make significant improvement in that area compared to your results from last year, you can still earn point(s) in that area. Go to <https://swgwellness.com> for more information and instructions on how to file an appeal.

### Your Privacy is Part of Our Program

*Southwest General Wellness is a separate provider committed to your privacy and confidentiality – your detailed health information is kept separate from your employment records. Southwest General Wellness fully complies with the Affordable Care Act and federal departmental regulations and policies.*