

# WELLNESS PROGRAM REQUIREMENTS

The League's Risk Management Board of Trustees has wellness requirements in place designed to help members become healthier, and to better control premium costs for all participants.

## CALENDAR YEAR WELLNESS REQUIREMENTS ARE AS FOLLOWS:

- Annual wellness visit/routine physical to check blood pressure, cholesterol, blood sugar levels, etc.

*If you are not able to complete the wellness requirements in the calendar year, you will be assessed a 10% penalty in the following fiscal year (starting in July).*

Although not required, the age-appropriate cancer screenings remain covered at 100%. Health Benefits Trust encourages its members to talk to their doctor and schedule these screenings.

Starting in calendar year 2024, Personal Care Management participation is not required. Aetna's One Flex program offers a robust personal care management program, available on a voluntary basis.

### PLEASE NOTE:

Your insurance does NOT have a 365 day rule, meaning you can visit your doctor anytime in the calendar year for your wellness regardless of the last visit.

*Wellness Requirements are not applicable to COBRA participants or dependent children.*

*Wellness Requirements are not applicable to pre-65 retirees as defined by the applicable governmental entity, unless specifically designated to apply by such governmental entity.*



## QUESTIONS?

We're happy to help. Reach out to the League's Health Benefits Trust staff to discuss wellness programs, coverage options, claims, policy details, and anything else you may need.

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