



IF THERE'S A WAY TO MAKE WELLNESS MORE REWARDING, WE'LL FIND IT.



EARN THE SAV4HEALTH PREMIUM INCENTIVE IN 2023 WHEN YOU COMPLETE ALL ACTIVITIES BY NOV. 15, 2022

The City of Savannah wants to help you turn your health into a little wealth. That's why they've partnered with MyQHealth to offer this wellness program. Here's what you need to do:



Complete a biometric screening and report your results on MyQHealth

The purpose of a biometric screening is to give you information that might indicate risk factors for certain chronic conditions, such as diabetes and heart disease.



Complete your annual checkup with your primary doctor

Routine checkups are an important part of your care for several reasons, including detecting or preventing many health conditions. You and your doctor will go over your biometric screening results together.



Complete the health questionnaire

This personal health report will give you an overview of your current health status and serve as an indicator of potential health problems.

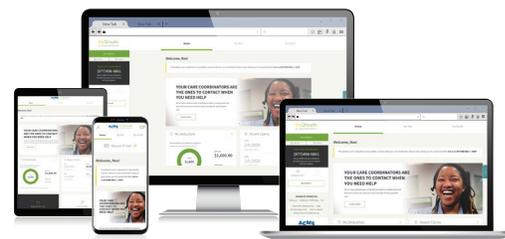


Complete the tobacco affidavit

If you indicate you are not using tobacco products, you will avoid the tobacco surcharge. If you attest as a tobacco user, you will need to complete FREE MyQHealth Tobacco Cessation Coaching by Dec. 23, 2022.

YOU'RE IN CHARGE OF YOUR WELLNESS

It is your responsibility to ensure the requirements have been met by **Nov. 15, 2022**. If you do not see your incentive and feel it should already be in place, call your MyQHealth Care Coordinators within 90 days of the deadline of the program. We will be unable to make any adjustments to program activities after 90 days.



BEGIN AT YOUR MYQHEALTH PORTAL

CityofSavannahHealthPlan.com
MyQHealth - Care Coordinators app

After you register, you'll be able to view and complete your incentive activities:

1. Log in and go to the **My Health** section.
2. Review your activities and completion status in the Overview.
3. Click **Complete Your Activities** to view your **Incentive Checklist** and instructions for activity completion.
4. Your MyQHealth Care Coordinators are available by chat, secure message or phone to help you get started or to answer questions.

Learn more about activities, eligibility and deadlines on reverse side.

WHATEVER IT TAKES

Have a question about your activities? Need help understanding your health benefits? Your MyQHealth Care Coordinators are here to help. Think of us as your personal team of nurses, benefits experts and claims specialists who will do all we can to support your unique healthcare needs. We're problem-solving, frustration-fighting people on a mission to make your healthcare simpler.

Eligibility:

This program is for employees on the City of Savannah medical plan.

To earn the wellness program incentive(s):

To qualify for the SAV4Health premium discount starting January 2023, you must complete these required activities between Jan. 1, 2022, and Nov. 15, 2022.

1. Complete your annual checkup with a biometric screening. Download the Primary Care Provider (PCP) Form for your doctor to complete the biometric results section. Make sure your doctor has you come in for your screening (lab work) before seeing you for your checkup.
2. Report the results of your annual checkup and biometric screening at CityofSavannahHealthPlan.com. Check the box to confirm you had your annual checkup. Then, click the link to enter your biometric screening results using the information on the PCP Form. Call your MyQHealth Care Coordinators for assistance.
3. Complete your health questionnaire at CityofSavannahHealthPlan.com or by calling your Care Coordinators at 866-360-7926.
4. Complete the tobacco affidavit at CityofSavannahHealthPlan.com. Certify you are tobacco-free or ready to enroll in – and complete – MyQHealth Tobacco Cessation Coaching. Your medical plan covers the cost at 100%. *NOTE: If you certify that you are a tobacco user, you will not qualify for the SAV4Health incentive unless you complete MyQHealth Tobacco Cessation Coaching by Dec. 23, 2022.*

About SAV4Health

Six years ago, the City of Savannah launched the SAV4Health incentive program to inspire, engage and invigorate healthy living amongst our fellow employees, their family members and our community. This program encourages employees to complete FOUR simple wellness activities during the current plan year to earn significant savings on their medical premiums for the next plan year.

MyQHealth Tobacco Cessation Coaching

The City of Savannah cares about you and offers a chance at freedom from addiction, the high cost of tobacco, higher risk of disease, and paying more for healthcare. Learn how to successfully reduce and quit smoking with this free coaching program. A certified tobacco cessation coach will work with you throughout the stages of quitting with expertise and encouragement along the way. MyQHealth Tobacco Cessation Coaching consists of five coaching calls at least a week apart, but with no more than 45 days between calls. To enroll, call your MyQHealth Care Coordinators.

If it is unreasonably difficult for you to complete activities because of a medical condition, please contact your MyQHealth Care Coordinators to discuss reasonable alternatives.

A notice regarding this wellness program and your rights to privacy can be accessed from the My Health section of your member portal.

CityofSavannahHealthPlan.com

866-360-7926
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

Download the app | **MyQHealth - Care Coordinators**