

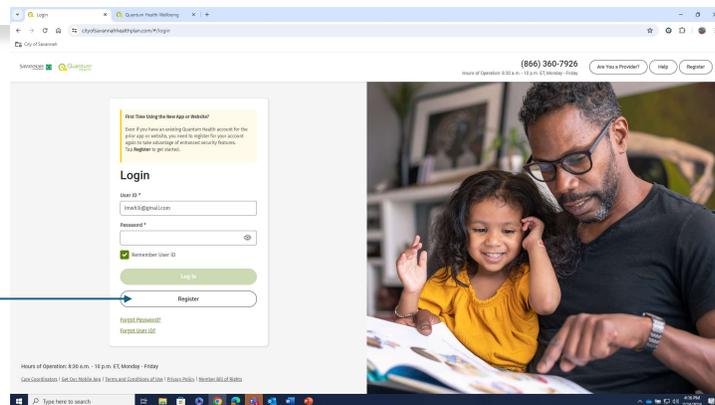
How to Complete Your 2024 Wellness Activities



Step 1: Login to www.cityofsavannahhealthplan.com

-Or-
You may call a **Care Coordinator**
866-360-7926

First-time user,
REGISTER



Step 2: Select SAV4 Health 'Get Started'

- Once you select 'Get Started' you will be taken to the **Quantum Health Wellbeing** website and able to complete your wellness activities

Step 3: Select Incentives

- Review the Status of **Wellness Activities to be completed.**
- This screen will show a percentage % of activities that have been completed.
- Select **'Complete'** to view your wellness activities

Home Wellness As **Incentives** Coaching Goals & Activities Challenges

Incentives

Taking steps to improve your health and wellbeing can have its own rewards. But when you're completing those same activities as part of an incentive program...

City of Savannah SAV4Health 2025 Premium Incentive Program Year: 2024

Wellness Activities

Earn a SAV4Health Premium Incentive in 2025 for completing all 4 Wellness Activities below.

EMPLOYEES: In order to receive the SAV4Health Incentives in 2025, you will need to **complete all 4 activities below** by November 15, 2024. If you complete the affidavit as a tobacco user, you will need to complete the Quantum Health tobacco cessation program by December 20, 2024.

SPOUSES: Even though you are not eligible for the SAV4Health incentive, we encourage you to participate in the wellness activities to help take care of your health!

If you feel that an activity completion status is incorrect or if it is unreasonably difficult to complete activities due to a medical condition, please contact your Care Coordinators at 866-360-7926 or via chat.

50% Complete

Complete

Step 4: Complete Wellness Activities

- This screen shows what activities have been completed and what needs to be completed.
- Select **'View'** for Wellness Activities details and enter information.

The screenshot shows the 'Incentives' section of a wellness program. The page title is 'City of Savannah SAV4Health 2025 Premium Incentive' with a 'Program Year' dropdown set to '2024'. A 'Back' button is visible. The 'Wellness Activities' section is titled 'Complete ALL of the following' and lists four activities:

- Activity #1:** Complete a Biometric Screening (Not completed, 'View' button circled in red).
- Activity #2:** Health Questionnaire (Completed: 02/09/2024, 'View' button circled in red).
- Activity #3:** Annual Check-Up with Your Doctor (Not completed, 'View' button circled in red). Below this activity, there are two sub-options: 'Annual Physical via Claim' and 'Enter Your Annual Physical', with a blue arrow pointing to the 'View' button for the second option.
- Activity #4:** Be Tobacco Free (Completed: 02/01/2024, 'View' button circled in red). Below this activity, there are two sub-options: 'Tobacco Affidavit' (Completed: 02/01/2024) and 'Complete Tobacco Cessation'.

Activity #1: Enter Biometric Screening Results

- Select **'Get Started'** to enter your Biometric Screening results
- Employees may call the **Care Coordinators** at **1-866-360-7926** if they need assistance determining their screening numbers

The screenshot shows a modal dialog box titled 'Complete a Biometric Screening'. The dialog contains the following text:

Enter your biometrics from your annual check-up! **Check back after 24 hours to confirm you maintained credit.**

Complete at least 4 of the below options to earn credit:

1. Height, Weight, and BMI
2. Blood Pressure
3. Glucose or A1c
4. Total Cholesterol
5. HDL
6. LDL
7. Triglycerides

Biometrics between **11/16/2023** and **11/15/2024** are accepted

DEADLINE: 11/15/2024

A blue arrow points to the **'Get Started'** button, which is circled in red.

Activity #2: Complete Wellness Assessment

- Select **'Complete Now'** to fulfill your **Wellness Assessment**

The screenshot shows the 'Wellness Activities' dashboard. A modal window titled 'Health Questionnaire' is open, displaying instructions: 'Do you know your health risks? Your responses on this wellness assessment can provide a more accurate report of issues to keep an eye on – even if you seem to be in good overall health. Complete the confidential 10-minute wellness assessment in its entirety to receive credit. DEADLINE: 11/15/2024'. At the bottom of the modal, there are two buttons: 'Close' and 'Complete Now', with the latter highlighted by a red box.

The screenshot shows the 'Wellness Assessment' form. The 'General Information' section includes the following questions and options:

- What was your assigned sex at birth?
 - Female
 - Male
- What is your birth date?
 - MM/DD/YYYY
- Do you use tobacco and/or nicotine based products?
 - Tobacco and nicotine based products include cigarettes, cigars, e-cigarettes, pipes and nicotine delivery systems (such as a cigarette).
 - Yes
 - No
- Do you drink alcohol?
 - Yes
 - No

At the bottom, there is a section for 'Are you currently being treated for or have you been treated for any of the following condition?' with a scrollable list including: Hypertension, Chronic Artery Disease (CAD), and Complete Heart Block (CHB).

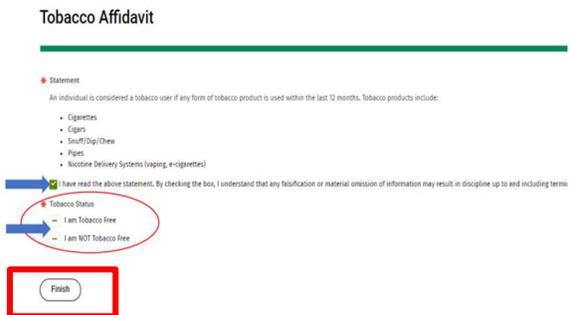
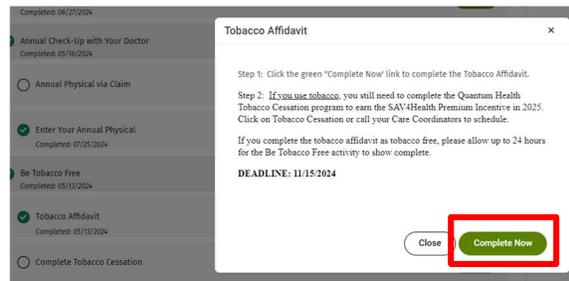
Activity #3: Enter your Annual Physical

- Select **'Get Started'** to enter your **Annual Physical** appointment date and doctor's name

The screenshot shows the 'Wellness Activities' dashboard. A modal window titled 'Enter Your Annual Physical' is open, displaying instructions: 'Patients with a primary care doctor most often experience better management of ongoing health conditions, lower overall health care costs, and higher satisfaction with their care. To complete this activity, follow the simple steps listed below. Step 1: Locate an in-network doctor. If you need assistance, call your care coordinators or use the Find Providers search tool. Step 2: Schedule and complete your annual check-up with your doctor. Step 3: Click the green 'Get Started' button and follow the instructions for credit. Credit will be awarded within 24 hours. Date of service between 11/16/2023 and 11/15/2024 accepted. DEADLINE: 11/15/2024'. At the bottom of the modal, there is a blue arrow button pointing right and a green 'Get Started' button, with the latter highlighted by a red circle.

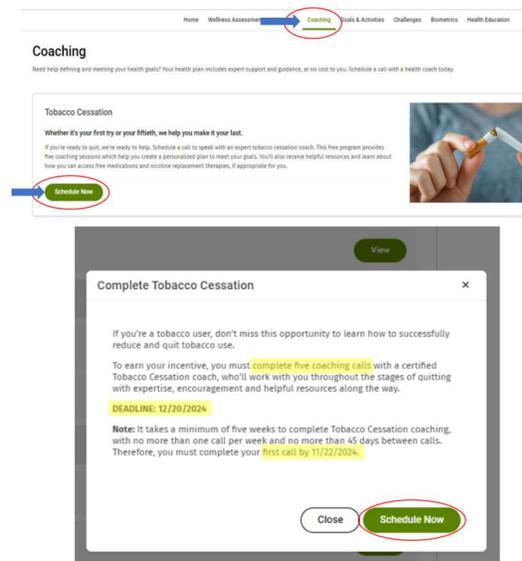
Activity #4: Complete the Tobacco Affidavit

- Select '**Complete Now**', click the **statement box** and select:
 - I am Tobacco Free
 - I am NOT Tobacco Free
- Click **Finish**



Step 5: Those NOT Tobacco Free, must enroll and complete (5) Tobacco Cessation Coaching Sessions

- The program cost is covered at 100% by the City.
- To earn the SAV4 Health Incentives, you must complete five coaching calls by 12/20/24
- Select **Coaching**, select '**Schedule Now**'



To confirm you have completed ALL wellness activities

- Select 'Incentives' to view percentage of wellness activities
- **100% = You will receive \$1000 Savings on your 2025 yearly medical health plan premiums**

The screenshot shows the Quantum Health Wellbeing portal. The navigation menu includes Home, Wellness Assessment, Incentives (highlighted with a red box), Coaching, Goals & Activities, Challenges, and Biometri. The main content area is titled 'Incentives' and includes a sub-header 'City of Savannah SAV4Health 2025 Premium Incentive' with a dropdown for 'Program Year: 2024'. Under 'Wellness Activities', there is a 'Complete' button and a '100% Complete' status (highlighted with a red box). The text below the button reads: 'Earn a SAV4Health Premium Incentive in 2025 for completing all 4 Wellness Activities below. EMPLOYEES: In order to receive the SAV4Health Incentives in 2025, you will need to complete all 4 activities below by November 15, 2024. If you complete the affidavit as a tobacco user, you will need to complete the Quantum Health tobacco cessation program by December 20, 2024. SPOUSES: Even though you are not eligible for the SAV4Health incentive, we encourage you to participate in the wellness activities to help take care of your health! If you feel that an activity completion status is incorrect or if it is unreasonably difficult to complete activities due to a medical condition, please contact your Care Coordinators at 866-360-7926 or via chat. Lauren Wilson'.

***Please print the page or take a photo for records**