

MY HEALTHY BLUEPRINT 2020 FREQUENTLY ASKED QUESTIONS

What do I have to do to earn the insurance premium reduction?

RETURNING PARTICIPANTS

Step 1: Schedule and complete your annual wellness exam with your primary care provider (PCP) before or in your birthday month with a few exceptions. See deadlines below.

- January birthdays – deadline February 29, 2020
- February birthdays – deadline February 29, 2020
- March birthdays – deadline March 31, 2020
- April birthdays – deadline April 30, 2020
- May birthdays – deadline May 31, 2020
- June birthdays – deadline June 30, 2020
- July birthdays – deadline July 31, 2020.
- August birthdays – deadline August 31, 2020
- September birthdays – deadline September 30, 2020
- October, November and December birthdays – deadline October 31, 2020

Step 2: Have your PCP complete the enclosed MHB Wellness Visit form in its entirety. Submit the completed form to My Healthy Blueprint.

- Ensure the completed MHB Wellness Visit form is received by the My Healthy Blueprint team by your birth month deadline as detailed in Step 1.

Step 3: Complete the enclosed nicotine affidavit and enrollment consent forms and return to My Healthy Blueprint before October 31, 2020.

- All forms and submission instructions can be found at ebaptisthealthcare.org/MyHealthyBlueprint.
- Participants that used nicotine in 2019 must complete a nicotine swab with My Healthy Blueprint if they attest to being nicotine free for at least 90 days in 2020.
- MHB reserves the right to conduct random nicotine testing.

It is the participant's responsibility to ensure that MHB receives the completed Wellness Visit form, nicotine affidavit and enrollment consent by the established deadline. Failure to complete Step 1, Step 2 and Step 3 by established deadlines will result in forfeiture of your insurance premium reduction in 2021.

Step 4: Get involved!

- Participants (team member or spouse) that can benefit from health coaching, as determined by the Wellness Form, will be required to work with a health coach and complete a pharmacotherapy clinic visit to retain the insurance premium reduction.
- MHB offers onsite wellness workshops, fitness consults, nutrition consults, nicotine cessation, health coaching and more! Our team is here to help you!

All forms can be found at ebaptisthealthcare.org/MyHealthyBlueprint and on BHC/LCI intranet sites under My Healthy Blueprint.

NEW HIRES, STATUS CHANGE, LIFE EVENTS, NEVER PARTICIPATED/LAPSE IN PARTICIPATION BUT ON INSURANCE

- **New Hires, Status Changes, and Qualified Life Events**
 - Must schedule and complete their initial screening with MHB within the first **30 days** of the new hire period or within the **30 days** of the qualifying status change event. Spouses that will be insured must enroll in My Healthy Blueprint within these deadlines as well.
- **Open Enrollment participants** – must complete their MHB screening before the end of the open enrollment period (November 1 – 30) with MHB to receive premium reduction effective January 1 of the following year.
- **Employees and spouses already on BHC/LCI health insurance that have not participated in the past or that did not participate in 2019** – must schedule and complete a screening assessment with MHB before October 31 of the program year to receive the premium reduction effective January 1 of the following year.
- **Individuals that miss 30-day deadline as New Hire, Status Change or Qualifying Life Event**
 - o Complete MHB screening assessment and nicotine swab.
 - o Must complete **1/1/2020 – 10/31/2020**. Discount will go into effect January 1 of following year.
 - o Will be required to follow 2021 program guidelines to receive reduction in 2022.

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My Healthy
BLUEPRINT
BY BAPTIST HEALTH CARE

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