



Your 2019 Incentives at a Glance

Ketchikan Gateway Borough

We have exciting news. Beginning on April 1, you have a new wellness platform we think you are going to love. This new portal brings many new features and capabilities, such as an all new health assessment, online university courses, quicker data uploads, a mobile app, texting capabilities and hundreds of new challenges. We can't wait to have you experience this!

To get started, simply create an account at <https://ketchikangateway.wellright.com>. Enter your information as it is appears on your medical ID Card. IBEW employees need to use their employee ID number to create an account. If your number is only four digits, add two zeros to the end (e.g.,123400).

For anyone who has completed the online health assessment after January 1, 2019, you will need to complete the new AgeGage health assessment. All other points completed should be transferred over to your new account.

Earn incentives for taking steps towards better health

Many wellness activities will be available throughout the 2019, calendar year. Each activity will have a point value assigned. Rewards are based on the wellness points you earn. See below for a detailed overview.

Rewards

Level 1 (500 points): Once you've accumulated 500 points, you will receive a 12-month pass to the Gateway Recreation Center. If you have purchased a pass, you will not be entitled to a refund. New pass privileges will begin once your current pass has expired. Points you have earned for level 1 will also apply towards levels 2 and 3, subject to timing and limitations of those rewards.

Level 2 (1,000 points): If you are an employee on the Ketchikan Gateway Borough health insurance plan, you are eligible for a \$600 premium reduction for the next calendar year, when you earn 1,000 points. If you are a new employee hired after January 1, the points needed to achieve level 2 will be on a prorated scale based on your date of hire:

- First quarter—750 points
- Second quarter—500 points
- Third quarter—250 points
- Fourth quarter—Premium waived for upcoming year

Level 3 (1,500 points): If you earn 1,500 points within a 12-month period, you'll earn an annual pass to the Gateway Recreation Center for all dependents on your plan. The 12-month period is not limited to a single calendar year. New pass privileges will begin once your current pass has expired.

Qualifying Activities	Description	Wellness Points You Can Earn	Maximum Wellness Points You Can Earn
MeasureUp—biometric screening	Complete a biometric screening in the fall of 2019. More details to come.	500	500
Physician link	Connect Primary Care Physician with biometric screening results via Interactive Health (IH) web portal.	100	100
IHI Goal Achiever	Achieve your Interactive Health score during your biometric screening. <i>Please note: if you did not participate in the 2018 screening, you will not be eligible to achieve the IH score in 2019.</i>	400	400
AgeGage—health assessment	Complete the new online health assessment at https://ketchikangateway.wellright.com . You must update this health assessment if you have completed a health assessment at www.healthymerits.com after January 1, 2019.	250	250
Move It—physical activity	Complete 36 days of physical activity in 2019. Now Apple Devices are compatible. Sync your Apple health app today.	500	500
SayAah—preventive exam	See your doctor for a yearly physical, mammogram, colonoscopy, pap smear or other preventive screening. You will be able to self attest on the portal.	250	500
NoButts—tobacco cessation course	Complete the 11 tobacco university courses found on the web portal.	500	500
HealthyU—university course	Complete any university course and earn 25 points for a maximum of 400 points.	25	400
Company—sponsored wellness event	Participate in a sponsored event, such as an employee meeting.	250	750
Health and wellness programs	Proof of purchase of a weight loss program, nutritionist, health monitoring equipment, wearable device, health club membership, exercise programs or any other tool to help with your wellness journey.	250	500
Stop the Flu—get a flu shot	Receive an annual flu shot and self attest on the portal.	100	100
Reachadoctor—Teladoc®	Simply register for a free Teladoc account at www.mydrconsult.com or call 1.800.362.2667 .	100	100
Company challenges	Participate in a company wide wellness challenge.	250	750
Wellness event	Complete a wellness event, such as Totem to Totem, Fools Run at Midnight, MS walk, etc.	100	500
		Total points possible	5,850

Questions? Just call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.

