

Washington State  
Health Care Authority

PEBB Wellness Plan  
SmartHealth

(and surcharges)

February 27, 2014

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# Executive Order

## Content

- Wellness Incentive Program
  - Steering Committee established and has provided recommendations
- NOT ME (Diabetes Prevention Program)
- Team WorkWell (worksite wellness)

# NOT ME

## Diabetes Prevention Program

- NOT ME description
- Current Status
  - Testing events
  - Classes scheduled
- What's Next
  - Goal: Offer to 60% of employees in 2014
  - Evaluating vDPP product and applications
  - Evaluate participation and outcomes

# Team WorkWell

## Expected Outcomes

- Assist Agencies and Higher Education Institutions to Develop a Supportive “Culture of Health”
  - Part of the SmartHealth program
  - Aligned with PEBB goals
  - Uniquely structured by each agency and higher education institution

# PEBB Wellness Plan SmartHealth

## **Expected Outcomes:**

- Engage Employees and their families in taking responsibility for their health and using benefits wisely
- Improve the health status of PEB members
- Positive impact on the medical cost trend and productivity

# SmartHealth Incentive

- 2014
  - Qualifying year
  
- 2015
  - Incentive Delivered

# SmartHealth

## Qualifying Actions

**By June 30, 2014, employees and other subscribers in the non-medicare risk pool:**

1. Complete the Health Assessment offered through your health plan

AND

2. Select a Primary Care Provider (PCP)

AND

# SmartHealth

## Qualifying Actions

### 3. Attest that you will complete one of the following activities in Calendar year 2014

- Diabetes Prevention Program (DPP) for members who have pre-diabetes
- Diabetes Control Program (DCP) for members who have diabetes
- Smoking Cessation program for members who use tobacco products
- Weight Management program, such as one offered through your health plan or other program not covered by your health plan, such as Weight Watchers or Jenny Craig

# SmartHealth

## Qualifying Actions

- Physical Activity: At least 90 minutes of moderate to vigorous activity per week for at least 10 consecutive weeks, such as walking, running or other aerobic activity
- Healthy Food Selection: eat 6 or more vegetable/fruit servings per day for at least 10 consecutive weeks
- Work with your PCP to get all recommended preventive care, such as immunizations or screenings.

# SmartHealth

## Incentive Amount and Delivery

### **Incentive Amount**

- \$125 in the Governor's budget
- Subject to Legislative modification

### **Incentive Delivery**

- Subscriber deductible reduced, family deductible capped at \$625 (reduced from \$750)
- CDHP: A direct one time deposit into the HSA at the beginning of the year

# Tobacco Surcharge

- Attest to non-tobacco use between April 1 and May 15
- Surcharge
  - \$25/month: subscriber
  - \$25/month: one or more dependents
  - Resolved that tobacco use means any use of tobacco products within the past two months. Tobacco use, however, does not include religious or ceremonial use of tobacco.

# Spousal Surcharge

- Attest between April 1 and May 15
- Attest to a spouse/domestic partner not having chosen to enroll in other employer-based coverage that has benefits and premiums with an actuarial value of not less than 95% of the value of the UMP Classic plan
- Surcharge: \$50 per month

# Questions?

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