



2022 Wellness Incentive Program **Frequently Asked Questions**

Q: When do I need to have my wellness activities completed by?

A: Team members who reach 5-6 credits by the end of December 2021 will receive maximum savings starting in 2022. Team members who have 0-4 credits will need to reach 5-6 credits by March 31, 2022.

Q: When will I see the premium reduction in my paycheck?

A: Team members who reach 5-6 credits by the end of December 2021 will receive maximum savings starting 01/01/2022. Team members who have 0-4 credits will need to reach 5-6 credits by March 31, 2022. The full premium amount will be charged until the end of the bridge period. Once additional credits have been earned, totaling 5-6 credits, and after the bridge period, Myers will refund any overpayments.

Q. If my spouse is on the Myers medical plan, do they need to meet the wellness requirements for me, the employee, to receive the medical premium reduction?

A. No. The employee and spouse earn separate wellness credits.

Q. Can I receive my wellness credit without being tobacco free?

A. In order to receive wellness credit, you must be tobacco free OR complete the tobacco reasonable alternative. Please talk to your Human Resources department to find out more.

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Frequently Asked Questions



Q. What will the wellness challenges be this year?

A. Details to come! Look for more information regarding the wellness challenges throughout the year.

Q. How do you complete Anthem's Health Risk Assessment (HRA)?

A. To complete Anthem's HRA you must login to your Anthem member account on Anthem's website, www.anthem.com. Once logged in hover over 'My Health Dashboard' located at the top of the screen. Select 'Programs' then 'WebMD Health Risk Assessment' and finally 'Learn more to start your assessment'.

Q. What if I do not have an Anthem account?

A. To complete the Health Risk Assessment and access other account information you will need to register for an account. To do this, visit www.anthem.com, click 'Register now' and set-up your account.

Q. Does my spouse need to set-up their own Anthem account?

A. Yes, if your spouse is enrolled in the Myers medical plan, they will need to set-up their own Anthem account.

Visit www.mymyersbenefits.com/wellnessprograms to learn more!