

THE AFFILIATED PHYSICIANS AND EMPLOYERS HEALTH PLAN 2018 WELLNESS PROGRAM

APEHP is proud to offer to its employers and members a Wellness Program that not only benefits enrolled members, but also our employer groups. A Summary of this program is as follows:

EMPLOYER PARTICIPATION

If an Employer elects to participate in the Wellness Program, they will also be awarded if their enrolled employees successfully complete the program.

- If 80% of the groups' employees (enrolled in the health plan) enroll in the wellness program, and 80% of those in the wellness program complete it within the allotted time frame, they will be eligible for a premium award of up to 1% of their paid health care fees.

***Example:** An employer has 12 employees, 2 waived coverage, 10 employees enrolled in the health plan. In order to be eligible, 8 of those 10 enrolled employees must register for the Wellness Program. For the employer to receive their 1% reward, 7 of those 8 employees who registered must successfully complete their Health Actions form by December 31, 2018.*

EMPLOYEE PARTICIPATION

- Enrolled members, age 18+, can earn **\$50 cash reward** for completing all of the following Health Actions:
 - ✓ Health Assessment Questionnaire
 - ✓ Annual Preventive Office Visit
 - ✓ Biometric Screenings, minimum of
 - Blood Pressure
 - Body Mass Index (BMI) Screening
 - Cholesterol & Glucose Screening
 - ✓ Colorectal Screening ¹
 - ✓ Mammography Screening ²



How do you get started?

Simply sign the APEHP Wellness Program Enrollment form and fax or mail back to:

Fax: 833-639-2329

Mailing address:

Affiliated Physicians &
Employers Health Plan
P.O. Box 5487

Somerset, NJ 08873

Attn: Operations Coordinator

Once enrolled, you will receive a Welcome letter and the Health Actions Form.

Additional information regarding Employee participation and our other wellness initiatives can be found at apehp.com or by calling **1-833-MEWANOW (833-639-2669) option 7.**

¹ All individuals over age 50 should have colorectal screening performed once every 5 years

² All women age 40 and older should have a mammography screening performed once per year

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Employers Health Plan