

# Get rewarded for encouraging your employees to take smart steps toward better health

## Washington Small Group wellness program

Wellness is a lifelong journey, from staying healthy to managing conditions. The path to wellness is different for each individual, but it must start with getting employees engaged in their own well-being.

**Now, as part of Aetna's Small Group health plans in Washington, employees with an Aetna plan can earn a \$50 gift certificate for doing something simple and smart for their health. And you will receive a 7.5 percent premium discount for each employee who participates.**

### No cost, big benefits

As an employer, health coverage costs are always on your mind. With our Small Group wellness program in Washington, you can save money on monthly premiums for your employees. For each employee who completes all program requirements within the first 90 days of your plan effective date, a 7.5 percent premium discount adjustment will be applied to your monthly statement.

This program is available to Small Group employers in Washington at no additional cost. And the benefits can be enormous.

### Rewards for employees, too

Understanding their biometric factors and being aware of potential health risks ahead of time are invaluable to your employees and your business. And as a bonus, employees will receive a \$50 gift certificate that can be redeemed at a wide variety of great stores.

For more information about this exciting program, please contact your producer or Total Benefit Solutions (TBS) at **1-800-514-4850**.

### It's easy for your employees:

#### Step 1: Register with their secure member website

Before they get started, employees must register their current email address with their secure member website. This is required in order for employees to receive their reward.

#### Step 2: Complete a preventive screening during their annual physical

Employees must submit a wellness fax form with the results from their preventive screening for biometric factors (height, weight, blood pressure, glucose and cholesterol screening) from a recent annual physical. Or schedule a physical with their network provider to obtain their results.

#### Step 3: Complete a health assessment

Employees should then go to [www.aetna.com](http://www.aetna.com) and log in to their secure member website to update an existing assessment or create a new one.

#### Step 4: Claim their reward

Once they complete all of these steps, the employee will receive an email from Aetna with directions to claim the \$50 gift certificate.

**Thank you for working with Aetna to encourage wellness.**

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