



A Healthier You!

*Here's what you need to know to
receive your premium reduction
for medical benefits in 2024.*

*Don't forget
to complete all
components to
receive your
medical premium
reduction in 2024!*

Preventing disease and
detecting medical issues
early is the best way to
Live Well and Be Well!

By completing these
4 steps, employees and
enrolled spouses can earn
a \$1,200 annual premium
reduction and employee
only can earn a \$900
annual premium reduction.

Rest Assured.

Your personal health
information will remain
100% confidential.

It's the law!

Atlantic Medical Imaging cares about your health and well-being.

If you are enrolled in the Horizon Medical plan and complete the steps below between your date of hire and November 15, 2023, you can earn a \$50 per month premium reduction (\$600 annually) premium reduction in the 2023-2024 plan year.

- **COMPLETE A BIOMETRIC SCREENING** which is a blood pressure reading as well as a blood draw that measures total cholesterol, HDL, LDL, Triglycerides and blood glucose. This can be done as part of the annual physical. (Patient to give enclosed certification form to provider).
- **COMPLETE A PHYSICAL EXAMINATION** from your In-Network Primary Care Physician (PCP). You and your spouse (if applicable) must **BOTH** receive a physical examination from your in-network PCP to earn a monthly premium reduction in the 2024 plan year.
- **COMPLETE A PERSONAL HEALTH ASSESSMENT** by signing into Member Online Services at HorizonBlue.com. Once signed in, select **Wellness**, and then select the link for **Take My Assessment**. We recommend doing this after you have done your biometrics so you have the results available to complete the HRA.

If you and your spouse (if applicable) both sign the Non-tobacco certification form, you will be eligible to earn an additional \$50 per month premium reduction (\$600 annually) beginning on your effective date. Employee only will earn an additional \$25 per month (\$300 annually).

- **COMPLETE A NON-TOBACCO USER CERTIFICATION DURING OPEN ENROLLMENT** or complete a tobacco cessation program through American Lung Association's Freedom from Smoking Plus program by August 31, 2023. Visit www.freedomfromsmoking.org and click **Join Now**. The cost of the program is \$99.95. Upon completion of the program, submit your completion certificate to HR and you will be reimbursed the full cost of the program and receive the premium reduction retroactive to the beginning of the program.

If you have additional questions, please contact Human Resources.