



A Healthier You!

Here's what you need to know to receive your premium reduction for medical benefits in 2026.



Don't forget to complete all components to receive your medical premium reduction in 2026!

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

By completing these 3 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 Aetna Medical plan and complete the steps below between your date of hire and November 28, 2025, you can earn a \$50 per month premium reduction (\$600 annually) premium reduction in the 2026 plan year.

- **COMPLETE A HEALTH RISK ASSESSMENT (HRA)** by signing into your member account at www.aetna.com. From the landing page, click **Well Being Resources** located under **Member Resources**. First time users must review/accept the terms and conditions. Upon initial login, the HRA will be front and center- after initial login it will be housed in the **My Profile** section.
- **COMPLETE A PHYSICAL OR WELL WOMAN EXAMINATION** from your In-Network Primary Care Physician (PCP) or OBGYN. You and your spouse (if applicable) must **BOTH** receive a physical examination from your in-network PCP or OBGYN to earn a monthly premium reduction in the 2026 plan year.

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 THE 2025 NON-TOBACCO USER AFFIDAVIT DURING OPEN ENROLLMENT** via your Paycom Account or complete a Tobacco Cessation Coaching Program through Aetna at no cost. Employees can register for this program through their member portal at www.aetna.com. Once logged in, employees should navigate to **Well-Being Resources** and then click **profile** in the upper right section of the webpage. The **Participate in Tobacco Cessation Coaching** option will be located under **Health Checklist**. Employees will need to complete 4 coaching sessions to satisfy the activity.

Please note that beginning January 1, 2025, all Tobacco Attestations will no longer be completed within Paycom and must be submitted through your Aetna member portal.

If you have additional questions, please contact Human Resources.