

2023 HealthQuest Rewards Program



Plan A

All employees enrolled in medical Plan A, regardless of length of employment, can earn up to a **\$480** premium incentive discount for Plan Year 2024 by earning 40 credits between **January 1, 2023 – December 31, 2023**. **This incentive opportunity is for employees' medical plan premium only.**

Employees who have been employed for a minimum of 365 days are eligible to receive a partial premium incentive discount of \$240 by completing 20 credits. Effective with the start of the next plan year.

Preventive Activities	Credits	Max Credits
Annual Physical*	5	5
Glucose Check*	5	5
A1C	5	5
Cholesterol Check*	5	5
Mammogram	5	5
Colonoscopy/Colon Cancer Screening	5	5
Prostate Cancer Screening/PSA*	5	5
Cervical Cancer Screening/Pap*	5	5
Preventive Skin Cancer Screening*	5	5
COVID Vaccine/Booster	5	5
Flu Shot*	5	5
Pneumococcal Vaccine*	5	5
Shingles Vaccine*	5	5
TDAP Booster*	5	5
Bi-Annual Dental Exam	5	10
Annual Vision Exam	5	5

Educational Activities	Credits	Max Credits
2023 Program Overview & Quiz	5	5
EAP or Marathon Learning Events	1	10
Health Education Modules	1	10
Rx Savings Solutions Registration (New & existing registered members)	5	5
Statewide Challenges	5	10

Health Management Activities	Credits	Max Credits
Marathon Weight Management	5	5
Marathon Tobacco Cessation	5	5
Marathon Chronic Condition Management <ul style="list-style-type: none"> • Diabetes • Healthy Hearts 	5	10
HealthQuest Health Coaching Visits - In Person or Virtual	5	10

***Services are available through the HealthQuest Health Center.**

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Activity	Time for Credits to Appear in Portal
Completed through the HealthQuest Health Center	
<ul style="list-style-type: none"> Health Coaching (1-2 visits) Annual Physical Glucose Check A1C Check Cholesterol Check Vaccinations: Flu, COVID, Pneumococcal, Shingles, & TDAP Preventive Skin Screening Well-Woman Exam Prostate Exam 	5 – 7 days after appointment
<ul style="list-style-type: none"> Marathon Weight Management Program Marathon Tobacco Cessation Program Marathon Chronic Condition Management Program (Diabetes and High Blood Pressure) 	Updated at the end of each quarter
<ul style="list-style-type: none"> Program Overview Video and Quiz Monthly Wellness Webinars 	7 – 10 days after completion
<ul style="list-style-type: none"> Wellness Programs (Online Modules) Statewide Challenges 	24 – 48 hours after completion of online module or end of statewide challenge
Completed Outside of the HealthQuest Health Center	
<ul style="list-style-type: none"> Colonoscopy/ Colon Cancer Screening Prostate Cancer/ PSA Cervical Cancer Screening/ Well-woman Preventive Skin Screening Annual Physical Glucose Check A1C Check Cholesterol Check Vaccinations: Flu, COVID, Pneumococcal, Shingles, & TDAP Dental Exam Vision Exam Mammogram 	Credits are awarded 3-5 business days AFTER the claim has been filed and processed by the SEHP medical or dental vendor. Typically, you will know when the claim has been received and processed by the SEHP vendor when you receive your Explanation of Benefits (EOB).
<ul style="list-style-type: none"> EAP Learning Events RX Savings Solution 	Once registration has been processed, credits will be awarded 3-5 business days after Marathon Health receives file from vendor.

For questions regarding your incentives, please contact the Member Relations Team at **785-783-4080** or **HealthQuest@marathon-health.com**.