



HALO WELLNESS PROGRAM OVERVIEW

HALO's Wellness Program is an annual requirement to complete activities, to receive a premium incentive discount on your medical insurance rate.

To be Wellness Compliant, you must complete ONE activity from each category shown below. To receive the premium discount, this must be complete no later than 8/31/2023.

1. Visit your doctor for any of the following reasons:

- Annual physical/preventive visit
- Biometric Screening
- Cervical Cancer Screening
- Mammogram
- Colon Cancer Screening
 - These services are covered at 100%. When they are being scheduled, tell you provider that is for a routine visit.

*NEW – Bring the [Annual Physical Visit Form](#) with you to ensure you receive credit for this task. To ensure this has been processed, this must be uploaded to your benefits account, by following [THESE INSTRUCTIONS](#).

2. Take your [Health Assessment](#) on www.wellontarget.com

- Completion of this task will automatically record this as completed. No backup documentation required to submit.
- The Health Assessment is a short online questionnaire, where you can find out your risks and your best options to avoid them. Your customized Personal Wellness Report can tell you how to go from good to better.
- Although your biometric screening numbers are not required to complete the health assessment, having them will give you the most accurate information regarding your health.

What happens if I do not participate in the program?

- You will pay more for health insurance
- See how the rates are currently split based on your wellness status for the [PPO](#) and [HDHP](#)

What happens if I am not Wellness Compliant for the 9/1/2022 – 8/31/2023 plan year?

- You can become Wellness Compliant as of the date you satisfy the required challenges that you did not previously complete. You need to email HR@halo.com, with documentation showing the completion of the task.

How to access your Wellness account:

- Access your account through www.bcbsil.com or members.hcsc.net/wps/portal/wellontarget, or on the **AlwaysOn** Mobile App.
- If accessing through BCBS, click **Wellness** in the top-right corner, and then click **Visit Well onTarget**.

Issues accessing your account?

- Call BCBS: **(800) 828-3116**
- Call Well onTarget: **(877) 806-9380, prompt #3**

Additional information around the Wellness Program can be found [here](#).

Questions? Email HR@halo.com