

Connect4Health Premium Incentive Program

What do you need to do?



Preventive Exam

Please choose from **one** of the following preventive exams to complete:

- Annual Physical*
- Mammogram*
- Colonoscopy
- Well Woman/Well Man*

* You do not have to wait 365 days to schedule the indicated* preventive exams. You can schedule it any time during the calendar year.

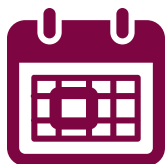


Biometric Screening

Complete in **one** of three ways

Visit uswellness.com/plano to:

- Make an appointment for an onsite screening event (Spring '19) **OR**;
- Download a Biometric Screening Form and bring with you to your doctor's visit **OR**;
- Request a LabCorp Voucher



Incentive Program Dates: 10/1/2018 - 9/30/2019

If you have a spouse or domestic partner enrolled on the health plan as of 1/1/2019, they must complete these two requirements on or before 9/30/2019 in order for them to earn their Premium Incentive for 2020.

For questions regarding the Connect4Health Premium Incentive Program, please contact Michelle Gifford, Wellness Coordinator at 972-941-7227 or email at michellegi@plano.gov.



Plano