

Aetna Health Promise FAQs

- **What is Aetna Health Promise?**

Aetna Health Promise is a premier wellness program provided by Aetna for employees who will be insured through PCS in 2019. This program will begin January 1, 2019. Aetna Health Promise is a health and wellness program focusing on disease prevention, managing and improving health, and stress management. The Aetna Health Promise Programs concentrate on 5 major risk factors: blood pressure, cholesterol, triglycerides, blood sugar, and waist circumference. An elevated value of 3 or more of these risk factors have been shown to greatly increase an individual's risk for heart disease, diabetes, and stroke.

The Aetna programs are structured to encourage members to set goals and action steps to improve or maintain these 5 values.

- **What is the Aetna Health Promise Incentive?**

The Aetna Health Promise incentive can be earned by employees insured through PCS medical. Employees on the Employee and Employee + Children plan can earn \$200 by completing 5 of the approved activities. Employees on the Employee + Spouse, Employee + Family, and 2 Board Family Plan can earn \$300 by completing 8 of the approved activities. Spouses can participate in approved activities to earn credit towards the 8 total credits. Employee must earn the credits between January 1, 2019 and December 31, 2019. The incentive will be paid out in the first quarter of 2020.

- **What is the list of approved wellness activities for the Aetna Health Promise Incentive?**

Please view Appendix 1 at the end of the document.

- **Who can participate in the Aetna Health Promise Incentive?**

All employees insured through PCS medical plan can earn credits towards the Aetna Health Promise Incentive. Spouses who are dependents on the employee's plans can also earn credits towards the incentive. Children who are dependents cannot earn any credit towards the incentive.

- **When will the Aetna Health Promise Incentive will be given?**

Credits for the Aetna Health Promise Incentive must be earned between January 1, 2019 and December 31, 2019. The incentive will be paid in the beginning of 2020 in the employee's paycheck.

- **How can I see what credits I've earned towards the Aetna Health Promise Incentive?**

Members can see what credits they've earned in the secure Aetna member website, Aetna Navigator. Once logged in to www.aetna.com, members will be able to go to 'Incentives' under the 'Stay Health' tab.

- **What are the Aetna Health Promise Programs?**

The Aetna Health Promise programs include: Wellness screening; Simple Steps: Health Assessment and on-line health coaching programs called Journeys; Small bytes, a holistic weight management program; Mindfulness Challenge; and Aetna Get Active, a challenge platform.

- **What is a wellness screening?**

A wellness screening is a health screening done through Quest Diagnostic to test various biometric health results. The screening will measure cholesterol, triglycerides, and blood sugar through a finger stick (on-site location) or venous draw (Quest Patient Service Center). Blood pressure, body mass index, and waist circumference will also be measured.

- **Where can I complete a wellness screening?**

Wellness Screenings are done at various PCS locations or through a Quest Patient Service Center. For all screenings completed at a Patient Service Center, employees must be registered through My.QuestForHealth.com in order for the screening to count towards the Aetna Health Promise Incentive.

- **How do I register for a wellness screening?**

Employees can register for a wellness screening at My.QuestForHealth.com.
Registration key: **PCSB**
Unique ID: **Aetna WID#**

- **What incentives can I earn for completing the wellness screening?**

Employees can earn 1 credit towards the Aetna Health Promise Incentive and receive a free membership to Peerfit.

- **What is peerfit?**

Peerfit is an additional incentive provided to employees who complete wellness screenings. Peerfit is a digital platform that allows you to access a network of fitness studios and gyms.

Employees who complete a screening will receive access to 16 credits (about 4 classes) per month for up to 6 months.

- **If I complete my wellness screening, when do I receive my peerfit account?**

Employees will receive access to peerfit about 1 month after completing the wellness screening. Employees will receive an email with instructions to use their Peerfit credits. Employees will have access to 16 credits a month for up to 6 months. Credits will reset the first of each month.

- **What is Simple Steps?**

Simple Steps is a program through Aetna that contains a Health Assessment and online health coaching programs called Journeys. These programs will create goals and actions steps for members to improve or maintain their health with a variety of wellness topics.

- **What incentive can I earn with Simple Steps?**

Employees and spouses who are dependents can earn a \$50 gift card for completing a health assessment and one Journey within a calendar year. The employee and spouse can earn \$50 each for a family max of \$100. Participants will receive an email from Aetna Rewards with directions on how to claim their reward.

Employees and spouses can both earn 1 credit towards the Aetna Health Promise for completing the health assessment.

- **Where can I go to access Simple Steps?**

Members will login to their secure Aetna member website, www.aetna.com and click on 'Complete Your Assessment' under 'Stay Healthy.'

- **Who can participate in Simple Steps?**

Employees insured through PCS and dependent spouses can participate in Simple Steps.

- **What is Small Bytes?**

Small Bytes is a holistic weight management program powered through eMindful. Small Bytes is an on-line classroom that will focus on participant's emotions, motivation, and knowledge and how it relates to weight management. Members can choose a weekly, monthly or combination program.

- **What is the incentive for participating in Small Bytes?**

Employees can earn 1 credit towards the Aetna Health Promise Incentive.

- **What is the Mindfulness Challenge?**

The Mindfulness Challenge is a 4 week digital challenge with videos, tips, practices, and articles to enhance mindfulness. The goal of the challenge is to reduce stress, anxiety, and depression, as well as improve focus, lower blood pressure, improve sleep and much more.

The challenge will begin April 1, 2019.

- **What is Aetna Get Active?**

Aetna Get Active is an online challenge platform for ALL PCS employees. Employees can participate in 4 national team-based step challenges throughout the year, as well as, challenge themselves and others to smaller step challenges and healthy habit challenges.

- **Who can participate in Aetna Get Active?**

ALL employees can participate in Aetna Get Active. Employees can also invite friends and family.

- **How do I register for Aetna Get Active?**

- Visit join.virginpulse.com/aetnagetactive
- Under 'Sign Up,' search for Pinellas County Schools.
- Follow the instructions to create your account.
- Invite friends and family members when prompted during registration or go to your home page of your account and click on 'Programs' at the top of the page.

- **What incentives will I receive for participating in Aetna Get Active?**

Employees who participate in a quarterly challenge will receive 1 credit max towards the Aetna Health Promise Incentive.

PCS District Wellness Team will be providing additional incentives for challenges throughout the year for the quarterly challenge.

- **Will PCS still continue other District programs?**

Yes, the PCS District wellness team will still continue district programs like the Diabetes Care program, YMCA programs, tobacco cessations, the wellness champion program, etc. For questions with the district program please call 588-6031.

Aetna Health Promise Incentive

Employees can earn a lump sum payment for completing wellness activities from the list below. Credits must be earned between January 1, 2019 and December 31, 2019.

Incentive will be paid at the beginning of 2020 through employee's paycheck.

Employees and spouses can earn credits.

Plan	Employee Only Employee + Children	Employee + Spouse Employee + Family 2 Board Family Plan
Number of Credits	5	8
Incentive	\$200	\$300

Program	Credit	Spouse Credit
Wellness Screening	1	0
Healthy Assessment	1	1
Get Active	1	0
Mindfulness Challenge	1	0
Small Bytes	1	1
Aetna Maternity	1	1
Tobacco Journey or AHEC Classes	1	1
YMCA Programs	1	1
Diabetes Care Program	1	1
Annual Physical	1	1
Annual Women's exam	1	1
Mammography	1	1
Colorectal Screening	1	1
Skin Screening	1	1
Flu Shot	1	1

Please visit pcsb.org/wellness for more information and descriptions after January 1, 2019