

# Atrium Centers Wellness Program

Because Wellness is a way of life, our wellness program is designed so that you are always working to secure your discounted health plan premium rate for the next year. **Graduates from the program year 2018-19 will secure their discounts for the entire 2019-20 plan year, as long as you complete the Wellness Assessment, Quest biometric screening, and Tobacco Affidavit by December 31, 2019.**

Employees not completing this requirement will lose discount in January 2020.

## LETS GET STARTED

Current active employees that would like to start participating for the 2019-20 Wellness Program must complete an Online Wellness Assessment, complete the Tobacco Affidavit, and designate a Primary Care Physician (PCP) at [www.atribenefits.com](http://www.atribenefits.com) and have their Quest-biometric screening completed by December 31, 2019. Your discount begins after these requirements are met and continues through August 31, 2020.

If you graduated from the current wellness program by July 31, 2019, your discounted rate continues through December 31, 2019. To continue the discounted rate past that date, you must complete a new Wellness Assessment and verify your Primary Care Physician designation online at [www.atribenefits.com](http://www.atribenefits.com) and complete your Quest biometric testing by December 31, 2019. If these activities are completed, your discounted premium continues through the end of the new plan year, August 31, 2020.

**New employees during the plan year** must complete their Wellness Assessment and designate a Primary Care Physician (PCP) online at [www.atribenefits.com](http://www.atribenefits.com) and have their Quest-biometric screening completed within **90 days of their health insurance effective date**. **Your discounted premium will start the next month** following completion of Wellness Assessment, PCP designation and Quest biometric screening.

Here is an example of a New Employee timeline:

1. Employee starts **August 20, 2019**
2. Eligible for medical **October 1, 2019**. Employee starts paying full premium.
3. Must complete Wellness Assessment, PCP designation and Quest biometric screening by **December 31**.
4. Employee completes both on November 6, 2019. Discount starts first of the next month (December 1, 2019) and will **continue through August 31, 2020**.

2019/2020

## Atrium Wellness Program Requirements (Eligible employees)

Our Wellness Program has several components, designed to help you learn about your own health status and engage in activities to support and improve your health.

1

CHOOSE A PRIMARY CARE PHYSICIAN

2

BIOMETRIC SCREENING

3

COMPLETE WELLNESS ASSESSMENT BY 12/31/2019

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2

COMPLETE THE TOBACCO AFFIDAVIT\*

\*If you are a tobacco user you will need to complete the Tobacco Cessation Program through Quantum Health to receive the Wellness rate.

Contact your Nurse Care Coordinator for support along the way!





### Take advantage of preventive care benefits

Good preventive care can help you stay healthy and detect any “silent” problems early, when they’re most likely to be treatable. Most in-network preventive services are covered in full, so there’s no excuse to skip it. It could even save your life. Use the checklist below to make sure you maintain your total health.

**Have a routine physical exam each year.** You’ll build a relationship with your doctor and can reduce your risk for many serious conditions.

**Get regular dental cleanings.** Numerous studies show a link between regular dental cleanings and disease prevention — including lower risks of heart disease, diabetes, and stroke.

**See your eye doctor at least once every two years.** If you have certain health risks, such as diabetes or high blood pressure, your doctor may recommend more frequent eye

## Atrium Centers Wellness Program FAQs

### How do I do the biometric screening?

Your Quest-biometric screening can be done four ways:

1. **At a Quest Diagnostics lab location**
2. **By your personal physician and submitted to Quest**
3. **At an onsite Quest Lab event (not available at all Centers)**
4. **At a Walgreens Take Care Clinic**

Once your Wellness Assessment, PCP designation and Quest biometrics are completed, you will be eligible to pay the discounted health plan premium for the remainder of the plan year.

### What is the Tobacco Cessation Program?

The Tobacco Cessation Program is administered by Quantum Health. If you have identified as a tobacco user you will need to complete Quantum’s Tobacco Cessation Program in order to receive the wellness credit.

How it Works:

- ❖ Work with a certified tobacco cessation coach to create a personalized plan to help you meet your goals
- ❖ Participate in 5 coaching calls with a certified tobacco cessation coach

Remember, you are always working to secure your discounted rate for the next year.

### How do I know if I have met my Wellness requirements?

You can track your progress for the Wellness Program on your personal Incentive Checklist on our Quantum site at [www.atriumbenefits.com](http://www.atriumbenefits.com).

For help with the Wellness Assessment, choosing a Primary Care Physician, or questions about the Wellness Program requirements, call Quantum Care Coordinators at 877-219-2962.

