

STATE OF ALABAMA

Wellness Premium Discount Program

I. Premium Discount in Initial Year of Implementation

Effective January 1, 2010, all active employees will be eligible for a \$25 per month wellness premium discount off the single coverage provided the employee has submitted baseline readings for the following health risk factors:

- Blood pressure,
- Cholesterol,
- Glucose,
- Body mass index.

These health risk factors may be provided to the SEIB through participation in the SEIB's worksite wellness program or submission of a physician certification form no later than November 30, 2009.

II. Premium Discount in Subsequent Years

Effective January 1, 2011, employees can receive the wellness premium discount under one of the following conditions:

1. employee has been deemed not at risk by the SEIB based on the reported health risk factors; or
 2. employee has been deemed at risk by the SEIB based on the reported health risk factors and has:
 - a. submitted a statement from a physician* stating that:
 - i. employee has been counseled regarding the health risk factor(s), or
 - ii. employee has a medical condition that prevents him or her from improving the health risk factor(s), or
 - b. participated and completed one of the SEIB approved wellness programs, or
 - c. reported improvement in the health risk factor(s) through self-management.
- At risk employees are eligible for a physician referral waiving the copay.

Wellness Premium Discount Program Flow Chart

