

## 2025 WELLNESS PROGRAM ACTIVITIES

The Wellness Program has several important benefits. First, it helps you and your enrolled spouse or domestic partner work with your medical providers to get and/or stay healthy. Second, it saves you money on your healthcare copayment(s). Third, it may help the State manage costs in the long term by directing our healthcare dollars to prevention.

**Voluntary participation required for intended results!**

### You Save Money by Participating!

Employees, non-Medicare eligible retirees and spouses or domestic partners who are enrolled in a medical plan are eligible to participate. When you and your enrolled spouse or domestic partner complete a health survey and confirm your PCP in 2025, all PCP visits are free from your completion date through 12/31/2026. You could also earn a reduction of up to \$10 for specialist copays until the end of the 2026 calendar year by getting one or more of the screenings listed on page 2 plus a vision screening.

Note: Kaiser Permanente rewards do not include reduced specialist copays.

### What if I don't want to participate in the Wellness Program?

The Healthy Activities are entirely voluntary and free to you. Should you choose not to participate, copayments will be applied by physicians at the time services are rendered. See the Schedule of Benefits for your medical plan details.

### Take Advantage of these additional Wellness Benefits

- Reimbursement of weight loss program membership fee of up to \$150 per calendar year. Note: This is not available to Kaiser Permanente members.
- No-cost **Wellness Coaching** available under all medical plans to help you reach health goals.
- No-cost Weight Management, Tobacco Cessation, Financial Wellbeing and Emotional Wellbeing Programs.

### Get Started and Start Saving!

All employees, non-Medicare eligible retirees, non-Medicare eligible spouses and domestic partners need to create their own individual online account the first time they visit their medical plan's website. **If you have already created an account, you do not need to set up a new account.**

#### To Create a New Account and Next Steps– CareFirst Enrollees

1. To get started, visit <https://www.carefirst.com/statemd> and follow the instructions to set up *MyAccount*.
2. Once your account is set up, click Explore Now in the wellness program pop-up message. You'll need to enter your CareFirst MyAccount user name and password and complete the one-time registration with CareFirst Wellbeing.
3. Access your Wellness Program from the web or download the CareFirst Wellbeing app. If you require assistance with the wellness program or completing any activity, call CareFirst Wellbeing at 877-260-3253.

#### To Create a New Account and Next Steps– Kaiser Permanente Enrollees

1. To get started, visit, <https://myhealth.kp.org/maryland/> and click "member sign on" at the top right of the page to create a kp.org account.
2. Return to <https://myhealth.kp.org/maryland/> and click on "Healthy Extras" then "Wellness Program" at the top of the page. There you will find the information needed to participate in the wellness program.
3. Click "Start with [kp.org/engage](https://myhealth.kp.org/engage)" in the blue box on the right side of the page to log in with your [kp.org](https://myhealth.kp.org/engage) account info and sign the HIPAA Wellness Agreement to participate. This step is required in order to earn rewards.

#### To Create a New Account and Next Steps– United Healthcare Enrollees

1. Go to myuhc.com. If not registered already, click "Register Now" and follow the prompts.
2. From the home screen, navigate to Rally. You may contact the number on the back of your ID card if you have questions.
3. All members will need to register for the new Rally website using your Healthsafe ID. You will choose an avatar and username to participate in online communities and other activities. Your username should not be your real name.
4. Complete the Rally Health Survey.
5. Go to the Rewards tab to confirm that you have a PCP and to find all the information you need to participate in the wellness program.

## Find Out More About What Our Wellness Program Offers!

Go to the Employee Benefits Wellness website at <https://dbm.maryland.gov/benefits/> and click on the Wellness tab to access monthly health promotion topics, a webinar library, and many more wellness resources. Complete one of the recommended screenings to receive a \$5 reduction in specialists copays\*. Complete an annual eye exam for a \$5 reduction in specialists copays. Complete both for maximum reduction of \$10.

WELLNESS PROGRAM ROUTINE SCREENINGS 2025				
SCREENING	18-29 YEARS	30-39 YEARS	40-49 YEARS	50+ YEARS
<b>ROUTINE CHECKUP</b> <ul style="list-style-type: none"> <li>Personal history</li> <li>Blood pressure</li> <li>BMI</li> <li>Physical exam</li> <li>Comprehensive metabolic blood panel including LDL/ HDL, hemoglobin A1C, CBC</li> </ul>	Annually	Every 1-3 Years, depending on risk factors	Every 1-3 Years, depending on risk factors	Annually
<b>BREAST CANCER (Women)</b>			Age 40-44 Annual Mammography is Optional  Age 45-49 Annual Mammography is Recommended	Age 50-54 Annual Mammography Recommended  Age 55+ Option for Annual or Every Other Year Mammography
<b>CERVICAL CANCER</b>	Initial Pap Test at age 21. Then, every 3 years <b>Or</b> as recommended by your physician	Pap Test every 3 years <b>Or</b> as recommended per your physician	Pap Test every 3 years <b>Or</b> as recommended per your physician	Age 50 – 65 Pap Test every 3 years <b>Or</b> as recommended per your physician  Older than 65 as recommended by your physician
<b>COLORECTAL CANCER</b>			Colonoscopy at age 45, then once every 10 years <b>Or</b> as recommended by your physician	Age 50+ Colonoscopy every 10 years up to age 75 <b>Or</b> as recommended by your physician
<b>DIABETES – TYPE 2</b>			Beginning at age 45: Every 3 years or more often at discretion of physician	Age 50 - 70: Every 3 years or more often at discretion of physician
<b>TETANUS, DIPHTHERIA IMMUNIZATION</b>	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)

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