

Don't miss out!

The Delta Health Rewards program year has changed to match the calendar year. You have until December 31, 2014, to complete your health actions and earn rewards for your 2015 HRA or Optum BankSM HSA. Be sure you and your covered spouse/same-sex domestic partner complete your Delta Health Rewards health actions to each earn \$550 or a combined total of \$1,100.

Check the boxes below next to each health action you've completed so far to see what you still need to do to earn the full Delta Health Rewards amount.

To confirm you have completed your health actions, review your online personalized scorecard. Just log in to **myHealthcareView.com** and click on the Delta Health Rewards Personalized Scorecard button on the homepage. Remember, your completed health actions may take up to 90 days to appear on your online scorecard.



✓	Health actions	Available HRA/HSA dollars	Helpful tips
	Complete the online health assessment on myHealthcareView.com	\$50	Visit the Delta Health Rewards site located on Employee Connection on DeltaNet to access a step-by-step guide to help you register on myHealthcareView.com and complete the health assessment.
	Identify yourself as a non-tobacco user on the health assessment or complete the telephonic Delta Health Direct quit tobacco program	\$150	The quit tobacco program can take between five and six months to complete. Enroll as early as possible by calling Delta Health Direct at 877-912-1820 .
	Get your annual physical exam (including a well-woman visit)	\$100	Annual physical exams are covered at 100% when you visit an in-network doctor. Be sure to remind your doctor to code your visit as preventive. Don't have a doctor? Just call Delta Health Direct at 877-912-1820 for help finding one near you.
	Complete a biometric screening (onsite in certain work locations with UnitedHealthcare professionals or as part of your annual physical exam)	\$50	Onsite screenings are a convenient option. You don't need to fill out any additional forms and you'll receive your results immediately. For a schedule of upcoming screening events in certain locations, visit https://register.wellness-inc.com/delta . Remember, if you complete your screening at your doctor's office, you must bring the Provider Notification Form with you and have your doctor complete it. Already completed your screening as part of your annual physical this year, but forgot to bring the Provider Notification Form with you to your appointment? No problem! Just print out the form and ask your doctor's office to complete it using the results from the date of your annual physical exam. The form is available on the Delta Health Rewards site located on Employee Connection on DeltaNet and the myHealthcareView.com Information Center.
	Have biometric screening results in recommended healthy ranges for Body Mass Index (BMI), LDL cholesterol, fasting blood sugar (glucose) and blood pressure	Up to \$200	Even if one or more of your biometrics are not within the healthy ranges, you can earn the entire \$200 related to those biometrics by completing ONE Delta Health Direct online or telephonic wellness course. Most wellness courses take 6-10 weeks to complete, so enroll as early as possible by calling 877-912-1820 .

For questions about Delta Health Rewards, call Delta Health Direct at **877-912-1820**.

