

Delta Health Rewards To-Do List



In 2017, you and your covered spouse/eligible same-sex domestic partner can **each earn real-time** Delta Health Rewards. Real-time rewards mean no more waiting until next year for your reward deposits — shortly after completing a health action the funds will be deposited into your 2017 Optum Bank® Health Savings Account (HSA) or your 2017 Health Reimbursement Account (HRA).

The amount you can earn for each health action depends on what plan you are enrolled in and whether or not you cover a child(ren). Review the chart on the next page to see what rewards you will earn for each of the health actions listed below.

To confirm you have completed your health actions, review your online personalized scorecard on Rally (access Rally through the Delta Health Rewards page on Deltanet, myHealthcareView.com or the Rally mobile app). Remember, your completed health actions may take up to 30 days to appear.

DON'T WAIT! All health actions must be completed by **November 30, 2017.**

✓	Health actions	Helpful tips
<input type="checkbox"/>	Complete the Rally Health Survey by November 30, 2017.	To access the Health Survey, employees, go to the Delta Health Rewards page on Deltanet . Covered spouses/eligible same-sex domestic partners, log on to myHealthcareView.com > Delta Health Rewards . If this is your first time on Rally, you will need to register.
<input type="checkbox"/>	Identify yourself as tobacco-free on the Rally Health Survey by November 30, 2017, or the Health Provider Screening Form by November 30, 2017, or complete the telephonic Delta Health Direct quit tobacco program by November 30, 2017.	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 .
<input type="checkbox"/>	Get your annual physical exam by November 30, 2017(including a well-woman visit).	Annual physical exams are covered at 100 percent when you visit an in-network doctor. Be sure to remind your doctor to code your visit as preventive.
<input type="checkbox"/>	Have biometric screening results in the recommended healthy ranges: \$100: body mass index (BMI) of 29.9 or less or \$75: fasting blood sugar less than 100 or A1c less than 5.7% <input type="checkbox"/> \$75: blood pressure less than or equal to 140/90 (both numbers must be less than or equal to) \$50: total cholesterol less than 240 If one or more biometric targets are missed, full credit of \$300 can be achieved if you complete one of the following by November 30, 2017:.* • A Delta Health Direct telephonic wellness coaching program, or • Three Rally Missions	Choose the screening option that works best for you by November 30, 2017: At an onsite screening event: This is a convenient option for many employees, as you don't need to fill out any forms and you'll receive your results immediately. To register, go to DeltaHealthRewards.com . At your doctor's office or a convenience care clinic: If you choose this option, you must bring the Health Provider Screening Form with you to your appointment and have your provider complete it. Either you or your provider can submit the form to UnitedHealthcare. To download the form, go to register.wellness-inc.com/delta . At a LabCorp facility: If you choose this option, you must register on register.wellness-inc.com/delta and bring the LabCorp Screening Registration Form with you. Wellness coaching programs take 6-10 weeks to complete, so enroll as early as possible by calling 877-912-1820 . Rally Missions take a minimum of four weeks to complete.
<input type="checkbox"/>	Complete one Rally Mission by November 30, 2017.	If you are also completing the alternative option of three Rally Missions for missed biometric targets, your single Rally Mission action will be included.
<input type="checkbox"/>	Watch the Health Plans 101 video during open enrollment (fall 2017).	Look for more information during open enrollment.

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

You must be enrolled in a Delta Account-Based Medical Option at the time of deposit to receive any Delta Health Rewards.

2017 HEALTH ACTIONS AND REWARDS AMOUNT

	GOLD HSA, SILVER HSA, HRA			BRONZE HSA	
	Employee	Employee plus child(ren)	Covered spouse/eligible same-sex domestic partner	Employee	Covered spouse/eligible same-sex domestic partner
Complete the Rally Health Survey by Nov. 30	\$25	\$100	\$25	\$25	\$25
Confirm tobacco-free status by answering the tobacco questions on the Rally Health Survey by Nov. 30 or submitting the Provider Health Screening Form by Nov. 30, or complete the Delta Health Direct quit tobacco program by Nov. 30	\$150	\$300	\$150	\$150	\$150
Get an annual physical (or well-woman exam) by Nov. 30	\$100	\$200	\$100	\$100	\$100
Complete one Rally Mission of your choice by Nov. 30	\$25	\$50	\$25	\$25	\$25
Submit biometrics by Nov. 30 Have values in the target range or complete three Rally Missions or one telephonic wellness coaching program* \$100: body mass index (BMI) of less than or equal to 29.9 \$75: fasting blood sugar less than 100 or A1c less than 5.7% \$75: blood pressure less than or equal to 140/90 (both numbers must be less than or equal to) \$50: total cholesterol less than 240	Up to \$300	Up to \$300	Up to \$300	Up to \$300	Up to \$300
Watch Health Plans 101 video during annual open enrollment	\$50	\$50	\$50	\$50	\$50
Subtotal	\$650	\$1,000	\$650	\$650	\$650
Automatic child funding		\$250			
	Up to \$650 EE only, \$1,300 EE + Spouse, \$1,250 EE + Child(ren) and \$1,900 EE + Family			Up to \$650 EE only and \$1,300 EE + Spouse	

DON'T WAIT! All health actions must be completed by November 30, 2017.

*Even if one or more of your biometrics are not within the healthy ranges, you have the opportunity to earn the entire \$300 in Delta Health Rewards dollars related to those biometrics by completing a Delta Health Direct telephonic wellness program (plan up to 10 weeks to complete) or three online Rally Missions (plan a minimum of four weeks to complete each Mission) by November 30, 2017. The plan will provide a reasonable alternative if a participant's personal physician provides a statement that the wellness coaching program, Rally Missions or quit tobacco program is not medically appropriate for that individual. The personal physician should fill out, sign and send the Provider Alternative Action Form, carefully following all directions on the form. Forms for employees can be downloaded from the Delta Health Rewards page on Deltanet. Go to Deltanet > HR > Benefits > Delta Health Rewards. Forms for covered spouses/eligible same-sex domestic partners can be downloaded from myHealthcareView.com.

