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Healthcare Benefits for the Education Community

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## GET THE TOTAL PACKAGE

### 2017–2018 Kaiser Permanente HMO Plan with Wellness Program

With CVT's **Kaiser Permanente HMO Plan with Wellness Program**, healthy living adds up! Earn up to \$400 in gift cards of your choice for subscribers along with their spouses or domestic partners by completing activities that keep you healthy.

This plan is only offered through CVT as a bargained benefit that specifically targets preventive health activities. It's about addressing and promoting good health as a way of life and being rewarded for it.

Your first \$200 in gift cards is earned by completing your biometric screenings including your blood pressure, blood sugar (glucose), total cholesterol and Body Mass Index (BMI). Talk to your physician about which screenings are right for you. Then visit [kp.org/engage](http://kp.org/engage) to register and accept the annual HIPAA authorization. Check the site to see all of the additional options for earning your rewards between October 1, 2017 and September 3, 2018.

This plan is available for your district and/or unit to choose as one of CVT's Kaiser Permanente HMO plan options. For more information about selecting this plan, please contact CVT Member Services at **1-800-288-9870** or talk to your chapter president about how this may be included in your unit's plan offerings.

#### Access comprehensive benefits:

##### Plan overview\*

##### Plan highlights include:

Earn wellness credits	Up to \$400/individual/year
Who can earn credits	Individual and covered spouse/ domestic partner
Grace Period	90-day grace period at the end of the plan year to redeem rewards
Calendar-year deductible	\$0 Individual, \$0 Family
Coinsurance	Paid at 100%
Calendar-year out-of-pocket maximum†	\$1,500/per member \$3,000/for two or more members
Office visit copayment	\$20 primary care physician, \$40 specialist
Preventive care	\$0 copay for most services
Prescription drug coverage	Pharmacy: \$10 generic / 25 brand (30-day) Mail order: \$20 generic / \$50 brand (100-day)

\* This chart offers a high-level overview of the CVT Wellness HMO plan with Kaiser Permanente. It is not a contract. For complete plan details, please see the plan's Summary Plan Description.



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## Up to \$400 in rewards for getting active about your health

Kaiser Permanente subscribers and spouses or domestic partners can earn rewards by completing the following:

- Earn **\$200** for being current on your preventive screenings (blood pressure, cholesterol, blood sugar (glucose), BMI).

After this is earned, you can earn additional rewards by completing the following:

- **\$50** for completing the Kaiser Permanente online Total Health Assessment
- **\$50** each up to three online healthy lifestyle programs
- **\$50** each up to two one-on-one Wellness Coaching by Phone sessions
- **\$50** for an annual flu shot
- **\$50** for up to three cancer screenings, as appropriate, based on age and gender
- **\$50** for up to 4 health education classes
- **\$50** each for one prenatal appointment and one health education offering for expectant mothers
- **\$50** to become a Wellness Champion at your school site

E-mail [fitforlife@cvtrust.org](mailto:fitforlife@cvtrust.org) to provide information on your wellness activity before signing on to the [kp.org/engage](http://kp.org/engage) website to choose this reward.

The rewards program is only open to CVT members and their spouses or domestic partners who are 18 and older and enrolled in this plan.

## The Kaiser Permanente difference

As a Kaiser Permanente member, you'll get the coverage you need plus much more:

- A wide choice of personal physicians
- Personalized care at convenient locations
- Secure online tools to help you manage your care
- Extended access to care and advice