

2018-2019 LR Health Insurance Premium Discount Plan

Health Risk Assessment Discount (HRA)	=	\$58.50 per month
<u>Qualifying Wellness Activities Discount</u>	=	<u>\$58.50 per month</u>
Total Possible Discount	=	\$117 per month=\$1,404.00/year

If you participate in the free LR Health Risk Assessment (HRA) you will receive a \$58.50 monthly board-paid discount that will be applied to either your PPO/OAP-In plan premium or deposited into either of the HDHP Plan Health Savings Account (HSA).

If you participate in two (2) Qualifying Wellness Activities you will receive a \$58.50 monthly board-paid discount that will be applied to either your PPO/OAP-In plan premium or deposited into either of the HDHP Plan Health Savings Account (HSA).

**All employees are encouraged to participate in both discount plan options. However, all employees may choose to participate in one, both, or neither of the discount plan options.*

Examples of Qualifying Wellness Activity Discount Options:

- Yearly Preventative Care Visit
- Biggest Loser Contest
- Fitness Activities
 - Any fitness activity that raises your regular activity level – 15 hours/year
- Nutrition Program
 - Any diet or nutrition plan lasting six weeks or more
- Smoking Cessation Program

The purpose of a health insurance premium discount plan:

- promote overall health and wellness within the school district
- help employees save on individual health insurance and medical costs
- lower overall health insurance costs for the district