

# WELLPOINTS

## PRE-65 RETIREE

### HOW TO MEET YOUR WELLPOINTS REQUIREMENTS

Pre-65 retirees who complete the WellPoints requirements will pay the lowest possible premium for their 2015, City sponsored medical plan; 75/25 HRA Plan enrollees will also earn additional HRA funds.

Pre-65 retirees must complete the following activities before the WellPoints deadline (August 31<sup>st</sup>):

**1) MyUHC Online Health Assessment**

- a. Go to [www.myuhc.com](http://www.myuhc.com) to complete the assessment.

**2) Annual Physical Exam**

- a. Includes BMI, Blood Pressure, Fasting LDL and Fasting Glucose

**Annual Physical Exam:** Print a copy of the WellPoints [Annual Physical Exam Verification Form](#). Have this form on hand when you take your annual physical.

**Instructions:**

- (1) Schedule an annual physical exam with your physician or health provider.
- (2) Present the Annual Physical Exam Verification Form at the time of your exam.
- (3) Complete Section 1 and request your physician to complete Section 2 of the form.
- (4) Submit the completed form to the Benefits Service Center (City Hall, Room 1DS).

**MyUHC Online Health Assessment:** Go to [www.myuhc.com](http://www.myuhc.com) to complete the online health assessment.

**Instructions:**

- (1) Log in or register at [www.myuhc.com](http://www.myuhc.com).
- (2) Once logged in, select Health Assessment
- (3) Click Take Health Assessment (you may select En Español at this screen)
- (4) Complete the questionnaire
- (5) Click Submit when done
- (6) **Congratulations!** You have completed your online health assessment. Scroll down to the bottom of the page to print your results. It is recommended that you print a copy of your results for record-keeping purposes.

**WELLPOINTS PERIOD: OCTOBER 1, 2013 – AUGUST 31, 2014**