



**SOLVAY**

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# DON'T WAIT!

Take Action Now to Earn Your  
\$600 Wellness Reward for 2018

Complete the required healthy actions by September 15, 2017  
to reduce your 2018 medical plan premium.



**56% of employees earned the wellness credit for 2017.**

You must complete **all three steps by September 15, 2017** to earn the 2018 medical premium credit, so get started now!

## Take Healthy Actions and Earn a \$600 Credit Toward Your Medical Premium

If you are a BCBS medical plan member, you can take three easy steps to learn about your current health status. When you complete the healthy actions below **between January 1 and September 15, 2017**, you can earn the wellness credit and reduce your 2018 medical plan premium by \$600. Don't wait until the last minute to get started!\*

### Step 1

#### Get an Annual Physical, which includes a Biometric Screening

Make an appointment for an annual physical, including a biometric screening. A biometric screening is a series of health tests designed to offer insight into your overall health. Be sure to bring the Physician Screening Form with you.

### Step 2

#### Submit the Completed and Signed Physician Screening Form

Follow the directions on the bottom of the form. You will receive credit for a physical and biometric screening completed between January 1 and September 15, 2017 with the submission of a *signed and dated* Physician Screening Form.

### Step 3

#### Complete the Online Health Risk Assessment (HRA)

Answer questions about your health and enter your biometric data through *Well onTarget*, the BCBS Health Assessment administrator, to receive a personal report with suggestions to improve your health.

\* This program is only available to Solvay employees enrolled in a BCBS medical plan.

### Important Reminders

- There is no copay for the annual exam if you use a BCBS network provider.
- It is your responsibility to make sure the form is received by Interactive Health, the BCBS vendor who processes the forms, no later than September 15, 2017. **No forms will be accepted after the deadline.**

### How to Access Your Physician Screening Form and HRA

#### If you are a BCBSTX Member:

- Use the enclosed Physician Screening Form, or download the Physician Screening Form by visiting [www.bcbstx.com/solvay](http://www.bcbstx.com/solvay). Before logging in, click on the *Medical Coverage* tab.
- Complete your HRA on or before September 15, 2017 by logging on to [www.bcbstx.com/solvay](http://www.bcbstx.com/solvay) and clicking *Health Assessment* from Quick Links.

#### If you are a BCBSIL Member:

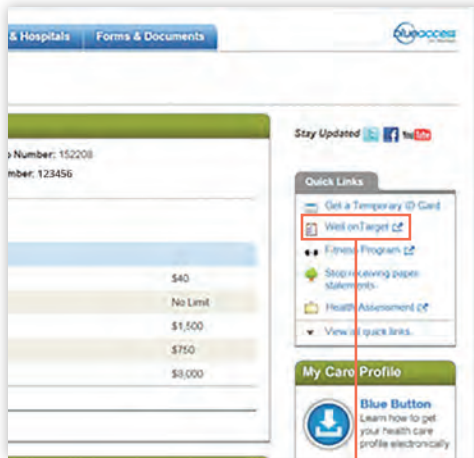
- Use the enclosed Physician Screening Form, or download the form from the Wellness folder on the company intranet.
- Complete your HRA on or before September 15, 2017 by logging on to [www.bcbsil.com](http://www.bcbsil.com) and clicking *Well onTarget*. Click on *My Dashboard*, then under Program Steps, click on *Take Health Assessment*.

**Note:** If you have a Blue Access for Members<sup>SM</sup> account, log in with your existing username and password. If you are not yet registered, click on *Register Now* to create a new account.

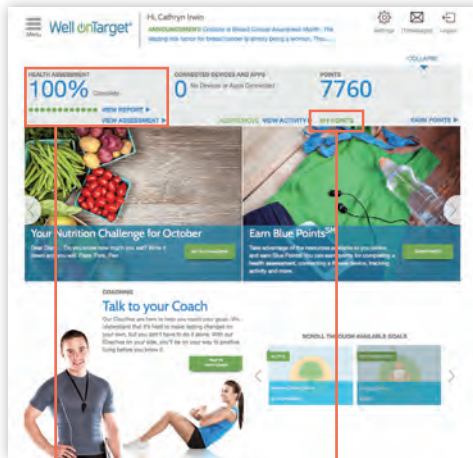
## Check Your Actions Online

Log in to your plan's website to confirm you've completed all required actions. Please allow 10 business days for BCBS to process the Physician Screening Form. **No forms will be accepted after September 15, 2017.**

- If you are a **BCBSTX Member**, log on to [www.bcbstx.com/solvay](http://www.bcbstx.com/solvay)
- If you are a **BCBSIL Member**, log on to [www.bcbzil.com](http://www.bcbzil.com)

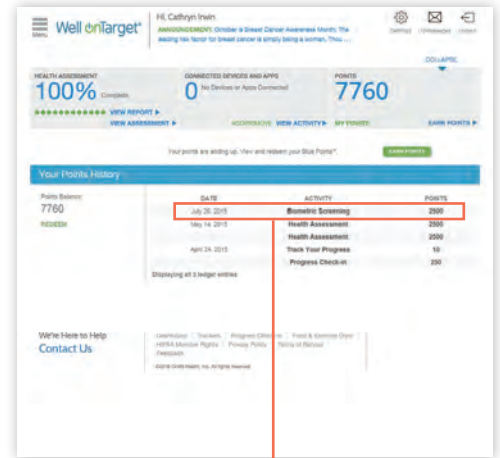


From the BCBS homepage, click on *Well onTarget* to access your Dashboard.



Confirm your Health Assessment is 100% complete.

Click MY POINTS to view your Health Assessment and biometric screening information.



Look for the Health Assessment and biometric screening dates. The dates must be between January 1 and September 15, 2017. This will confirm your annual physical is complete as well.

### Your Health Assessment resets every six months so you can keep track of your health throughout the year.

If you completed your Health Assessment in 2017 and it's showing as 0% complete in your Dashboard, click MY POINTS to see Your Points History and confirm your Health Assessment was 100% completed.

**As long as your Health Assessment and Physician Screening Form are completed and submitted between January 1 and September 15, 2017, you will receive the wellness premium credit in 2018.**

## Questions?

FOR MORE INFORMATION OR QUESTIONS ABOUT...	CALL...
Physician Screening Form (acceptance and submission of the form)	Interactive Health at 1-800-711-8656
Completion of the HRA and tracking healthy actions and rewards	<i>Well onTarget</i> at 1-877-806-9380
Registering or having trouble logging into Blue Access for Members <sup>SM</sup> website	<b>BCBSTX members:</b> 1-800-521-2227 <b>BCBSIL members:</b> 1-888-706-0583
The Wellness Reward Program	Solvay Benefits Resource Center at 1-877-765-8291



## DON'T FORGET...

- Complete your HRA on your Blue Access for Members<sup>SM</sup> account, and
- Submit your signed and dated Physician Screening Form to Interactive Health.

All requirements must be completed and submitted on or before September 15, 2017 to be eligible.



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### **Solvay**

Human Resources North America  
504 Carnegie Center  
Princeton, NJ 08540

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### **Important Note about Confidentiality**

All individual personal health information is completely confidential, as required by federal law. HRA and biometric screening results are not shared with Solvay.