

## Passport to Wellness

### Frequently Asked Questions

- **What premium will be charged to employees that do not participate or earn 100 points for calendar year 2011?**
  - Premiums have not yet been determined for the new fiscal year. Rates need to be provided by Cigna/NCACC and the employee portion determined and approved by the Board of Commissioners. This will happen sometime in May or June 2011.
- **If I have home gym equipment, will that count for “Join Gym/Participate in Classes”?**
  - No, home gym equipment will not count for this option. However, if you exercises three times per week and keep a log, you can earn 20 points.
- **If I give blood more than one time during the year, do I earn 5 points for each time?**
  - No, you will earn 5 points max for donating blood during 2011.
- **If they check blood pressure, etc. during the physical exam, can I earn points for each test?**
  - Yes, you can earn points in addition to the 10 points awarded for the “Annual Physical Exam” if the doctor completes other tests/screenings (blood pressure, cholesterol, etc.)
- **I participated in the Maintain Don’t Gain Program for 2010-2011. Will this count for the 2011 Passport points?**
  - Yes, if you participated in the 2010-2011 Maintain Don’t Gain you have already earned 10 points on your passport. Employees will have another chance to participate at the end of 2011. However, you are only eligible to earn 10 points for this opportunity.
- **Will notifications be sent out to remind employees to earn their points and to let employees know of upcoming events?**
  - Yes, reminders and notifications of events will sent out as appropriate throughout the year.
- **Is the biometric screening required?**
  - No, participation in the biometric screening is voluntary. However, this is a good opportunity to earn up to half of your required 100 points.
- **What kind of journal is required for the “Exercise Regularly 3 Times per Week”?**
  - The journal should consist of the date, amount of time spent, and brief description of the activity.
- **What kind of journal is required for “Lose 10% or More of Your Body Weight”?**
  - The journal should consist of your beginning weight, weekly weigh-ins, and your year-end final weight.
- **Do you earn the points for losing 10% of your body weight as soon as you reach the goal or at the end of the year?**
  - Points will be awarded when the 10% goal is reached.

- **How are points going to be verified?**
  - Points will be awarded based on the honor system. Employees are expected to be honest regarding opportunities such as weight loss and exercises journals.
- **If I quit chewing tobacco and/or dipping, does that count for the “Quit Smoking”?**
  - Yes, stopping any tobacco product habit will count for the “Quit Smoking” opportunity.
- **Will I have to use leave to attend the Biometric Screening?**
  - No, you will not have to use any leave to attend this event.
- **What is included in the “Join a Weight Loss Program”?**
  - Examples of programs that would be included in this opportunity are Weight Watcher, TOPS, Nutrisystem, and Jenny Craig. “Eat Smart, Move More, Weigh Less” is its own opportunity on the passport and will not count for the “Join a Weight Loss Program”.
- **Will participating in the Passport to Wellness increase my out of pocket expenses?**
  - Most opportunities listed on the Passport are free to employees. Please remember that routine preventative medical visits are free under our current health plan, meaning you should not be charged a co-pay.
- **If I attend the Biometric Screening, can I still go for my annual physical?**
  - Yes. If you attend the Biometric Screening, you may still go to your regular physical exam which will be covered at 100% by the County’s current health insurance plan. However, you will only receive the points assigned to each opportunity once (ex: if you have your blood pressure checked at the Biometric Screening and your annual physical, you will only receive 10 points).
- **If I do not attend the Biometric Screening, but have my annual physical, can I still earn the 20 points for the Health Risk Assessment?**
  - Yes, you can still earn the 20 points by taking the results for the tests from your doctor and inputting them into the Health Risk Assessment at [www.mycigna.com](http://www.mycigna.com)