



Open Enrollment 2017 Wellness Participation Challenge

For the past five years, the RCAB Health Plan has offered a comprehensive wellness program, Momentum+ through Tufts Health Plan, that provides up to \$500/year in financial incentives to a Health Reimbursement Account for participating employees and spouses. Enrollment has remained low, around 10%, despite increased incentives and updates each year to the program. To encourage all enrolled employees and spouses to participate, the following incentives are available **during Open Enrollment 2017**:

- ❖ Complete one or more **Momentum+** wellness activities through September 30, 2017 to receive **DOUBLE HRA dollars**.
- ❖ Complete one or more **Momentum+** wellness activities through September 30, 2017 and be entered to win a **free year of Health Plan premiums**.
- ❖ New hires and currently-enrolled employees are eligible.
- ❖ HRA dollars are accessed through a Choice Strategies debit card, which will be issued in the month following the completion of the first **Momentum+** activity. All HRA dollars are tax-free and can be used for co-pays, including prescription co-pays for all enrolled members, including children.
- ❖ Attend an **on-site Open Enrollment meeting** to earn credit for an Employer Worksite Activity (\$20 reward, doubled to \$40 during Open Enrollment 2017). If your location is not hosting a meeting, contact the RCAB Benefits Office at benefits@rcab.org for the nearest meeting.
- ❖ Log in to mytuftshealthplan.com to participate. Additional information on the **Momentum+** program is available at www.catholicbenefits.org/health/wellness.htm.

