



The easy way to **earn better health insurance** and **save money!**



WHAT IT IS

The Healthy Actions Medical Plan (HAMP) gives you a higher level of insurance benefits with lower out-of-pocket costs — all for the same rate as the Base Plan.

WHY PARTICIPATE

You get more benefits and better coverage for the same monthly cost, simply by taking a few simple actions to benefit your health.

POTENTIAL SAVINGS

HAMP vs. Base Plan • 2014-2015 Plan Year Examples*

1/2 the Deductible**

Individual:

\$500 Base/\$250 HAMP

Family:

\$1,500 Base/\$750 HAMP

Potential Savings:

\$250 Individual/\$750 Family

12.5% Lower Out-Of-Pocket Maximum**

Individual:

\$4,000 Base/\$3,500 HAMP

Family:

\$10,000 Base/\$8,750 HAMP

Potential Savings:

\$500 Individual/\$1,250 Family

\$5 Lower Copays

Primary Care Physician:

\$25 Base/\$20 HAMP

Aexcel Provider:

\$40 Base/\$35 HAMP

Non-Aexcel Provider:

\$50 Base/\$45 HAMP

Potential Savings:

\$5 Per Visit

*Per calendar year.

**Examples are from 2014-2015 plan year and are subject to change for the 2015-2016 enrollment period.

Get the benefits of HAMP in **3 SIMPLE STEPS**. See other side for details.

3 SIMPLE STEPS

STEP 1

Take the online Health Assessment.

Visit www.aetna.com, log in (or register), then choose "Take a Health Assessment."

STEP 2

Get an annual routine physical, well woman exam or County-coordinated wellness screening.

Visit your own primary care physician or find the schedule for County physicals and screenings in the "Know Your Risk" section at www.wellathctx.com (password: **well4hctx**).

STEP 3

Complete 3 of the following actions:

- Have 1 routine dental cleaning
- Have 1 routine vision exam
- Complete 1 Live Healthy Harris County Team Challenge
- Complete 2 hours of wellness training (County-coordinated)
- Complete 2 hours of health and nutrition coaching sessions in the *RD on the Go* program

Please allow a minimum of 60 days for your activities to be recorded.

Additional Program Details

ELIGIBILITY

- Steps must be completed during the tracking period (10/1/2013 – 9/30/2014) while employed at Harris County.
- Steps to Wellness must be completed every year to be eligible for HAMP.
- Covered dependents do not need to complete the Steps to Wellness to be eligible.

TRACKING

- Steps to Wellness are tracked by the Benefits Office (within Human Resources & Risk Management).
- You can check your completed steps by logging in at www.aetna.com and clicking "View Incentives" on the left-hand toolbar.

PROOF OF COMPLETION

- To submit proof that you completed your routine dental cleaning, routine vision exam or annual physical/ well woman exam, please use the 2015-16 HAMP Form that can be downloaded at www.wellathctx.com. **This form is ONLY necessary if you do not see your steps posted by 90 days of the date you completed them.**
- If you are on the DHMO plan and would like your routine dental cleaning to be applied, you must submit the 2015-16 HAMP Form with supporting documentation.

Find information and links online at www.wellathctx.com (password well4hctx) or ask your Wellness Champion for details.

all is well at
Harris County