



Wellness Premium Discount Program

Earning the Premium Discount

To qualify for the premium discount, the below program requirements must be met. If you did not meet the requirements for 4/1 or were hired after 4/1, there will be multiple opportunities to earn the premium discount throughout this plan year - 7/1, 10/1, and 1/1/25. See the chart below for the timelines to earn the premium discount.

| Premium Discount Start | Qualifying Deadline |
|------------------------|---------------------|
| 7/1/2024 | 6/15/2024 |
| 10/1/2024 | 9/15/2024 |
| 1/1/2025 | 12/15/2024 |
| 4/1/2025 | 3/15/2025 |

If you meet all the requirements by the above dates, you will earn the premium discount from that point forward. The fastest way to ensure compliance is to complete the wellness survey.

Requirements

- Annual Physical* - **REQUIRED**
- Plus 3 of the following Preventive Exams:
 - Mammogram (women ages 40 to 69): Every 12-24 months
 - Cervical Cancer Screening (women ages 21 to 64): Every 36 months
 - Colorectal Cancer Screening (adults ages 50 to 75): Fecal Occult Blood test every year, Cologuard test every 3 years, Sigmoidoscopy every 5 years or Colonoscopy every 10 years
 - Prostate exam
 - Routine vision exam
 - Preventive dental exam
 - Skin Cancer Screening
 - Vaccinations – Flu, COVID, Pneumonia
 - Nutritional Visits
 - Diabetes Screening
 - Cholesterol Screening
 - HPV Testing

*Your Medical Insurance covers one annual physical per plan year (NOT calendar year) at 100% (4/1-3/31). Therefore, BCBSNC does not require you to have 365 days between visits.

Premium Discount

- Employee or Spouse Only: \$35/pay period (\$910 annually)
- Employee + Spouse: \$70/pay period (\$1,820 annually)

If you meet all the requirements by the above dates, you will earn the premium discount from that point forward. The fastest way to ensure compliance is to complete the wellness survey by visiting the link below or scanning the QR code to the right.

<https://www.surveymonkey.com/r/WellnessSurvey2024-25>

Note: you will need your date(s) of service and BCBSNC subscriber ID to complete the form. Your spouse will need to complete a separate survey to receive the premium discount.



Questions?

Please contact your Benefits Administrator at 1.910.332.1922 with any questions. If calling after hours, please leave a message. We will respond to your voicemail on the next business day.