

# Total Wellbeing Program

## 2023 Wellness Incentive

The Versiti Total Wellbeing Program provides programs and resources to support a personalized plan for your best physical, mental, financial and social health. Learn more about the 2023 wellness incentive, programs and benefits designed to support your journey to achieve your best overall health. We are here to support you every step of the way.



# Announcing the 2023 Wellness Incentive!

In an effort to help encourage our employees and family members to take advantage of the Versiti Health Plan's **100% Preventive Care benefit** we are continuing the incentive plan for 2023. Now more than ever, it is important to have a primary care provider relationship.

The plan remains simple:

**Choose an in-network primary care physician  
and get your annual wellness exam or screening.**

Employees enrolled in the Versiti Health Plan are eligible for a \$250 Wellness Incentive.

**You can earn \$250 if you have a routine physical / wellness exam or screening between 1/1/23 – 12/31/23.** If you are pregnant and receive prenatal care between 1/1/23 – 12/31/23 you are also eligible to receive the \$250 incentive. Together we can and are making a difference. Early intervention can help reduce Versiti's Health Plan costs which result in lower health care premiums for Versiti employees.

This will be tracked by Anthem and payments will be paid to you through payroll by March 31, 2024 – no need for you to do anything except have that annual wellness exam.

*The Wellness Incentive is limited to employee participants enrolled in the Versiti Health Plan in 2023 and as of 1/31/24.*

## Versiti's Medical Plan covers 100% for Preventive Care.

### **Stay healthier and get more effective treatment –**

Many types of screenings and tests can catch a problem before it starts. For example, diabetes screenings can tell you whether you're pre-diabetic, or whether you already have diabetes without being aware of it.

### **Pay less for medical expenses –**

Preventive care helps lower the long-term cost of managing a disease because it helps catch problems in the early stages when most diseases are more readily treatable. The cost of early treatment or diet or lifestyle changes is less than the cost of treating and managing a full-blown chronic disease or serious illness.

**Start now with your preventive exam –  
available to you and your covered  
dependents at no cost.**

## Additional wellness reimbursements.

Don't forget about the additional wellness benefit included if you enrolled in the Critical Illness, Hospital Indemnity or Accident insurance for the 2023 plan year. By simply receiving a wellness exam you are also eligible for an additional wellness reimbursement ranging from \$50 - \$100 per person depending on the plan. Enrolled spouses are also eligible for reimbursements!

**Go to Versiti Benefits site  
[versitibenefits.com/voluntary-  
income-protection](https://www.versitibenefits.com/voluntary-income-protection) for more  
information and reimbursement  
amounts.**

# The Right Care at the Right Time

If you are enrolled in the medical plan, knowing where to get care can be confusing and choosing well will help you save time and money.

Anthem offers a telemedicine service called **LiveHealth Online** ([livehealthonline.com](http://livehealthonline.com))

With **LiveHealth Online**, you have 24/7 access to doctors and medical care.

- Have a private video visit with a doctor or licensed therapist
- Use this resource when you are home, on vacation or just about anywhere with internet access.
- Avoid long drives and waiting rooms
- **Cost per visit is significantly less than urgent care and the emergency room – normally only \$59 per visit. Services will be covered at 100% through 12/31/23. Now might be the time to try LiveHealth Online if you need to see a health care provider.**

\$	\$	\$\$	\$\$\$
\$59 per visit*	\$150 per visit**	\$288 per visit**	\$2,000 - \$3,000+ per visit**
<b>LiveHealth Online</b>	<b>Primary Care Physician</b>	<b>Urgent Care</b>	<b>Emergency Room</b>
<b>Where should I visit?</b> examples of conditions each facility can treat			
Pink Eye	Strep Throat	Sprains & Strains	Broken Bone

\* Prices reflect the full cost of service and will vary depending illness and provider

## Say Hi to Sydney Health



## Anthem's new app is simple, smart and all about you

Everything you need to know about your Anthem benefits – personalized and all in one place. With Sydney Health, you'll enjoy a simpler, more connected health experience.

Get started today by downloading the Sydney Health app or register online at

[anthem.com](http://anthem.com).



See claims

Check all benefits

Find care and check costs

View and use digital ID Cards

Use the interactive chat feature and get answers quickly

Access your personal Health Dashboard

# Versiti Employee Assistance Program (EAP)

All Versiti employees and their family members have 24 hour a day/7 days a week access to the Versiti EAP as part of our Wellbeing Program. The new EAP is provided by Perspectives and offers free and confidential professional assistance to help people with daily life issues.

Take time to check out  for more information.

## Ways to Contact Perspectives EAP

- Call or Text 800-456-6327
- Scan the QR Code to download the Perspectives Spark App
- Log on to the WorkLife Online Portal
  - Go to [perspectivesltd.com](http://perspectivesltd.com) and click "Individual and Family Login"  
Username: Versiti  
Password: Perspectives



- ✓ Consult in person, by telephone or secure video
- ✓ Help with stress, anxiety, depression and family problems
- ✓ Support with grief and loss, anger and substance abuse
- ✓ Comprehensive EAP member website
- ✓ Referrals to more long-term support as needed

- Top Reasons for Financial Consultations: debt coaching, tax questions & hardship issues
- Top Reasons for Legal Consultations: domestic relations, civil issues & estate planning
- Other top used services: childcare referrals, scholarship searches & elder care referrals

## Versiti Wellness Program

To help support employee health and wellbeing Versiti is providing all employees with a Wellness Program. You'll have access to on site coaches as well as a Virtual Wellness Center where you'll be able to find resources, guidelines, and support needed to improve your Total Wellbeing.

At Versiti's Virtual Wellness Center you have many resources available to help you! Such as

- Fitness Courses – Live and On-Demand!
- Nutrition and Lifestyle Resources
- Free Health and Wellness Coaching
- Personal Planning Resources
- Contests and Challenges with Awards

### The Four Elements of Total Wellbeing



To Access the Wellness Center go to: [Versiti.fitthumb.com](http://Versiti.fitthumb.com)

