

IF THERE'S A WAY TO MAKE WELLNESS MORE REWARDING, WE'LL FIND IT.



GET THE SAV4HEALTH PREMIUM INCENTIVE IN 2022 WHEN YOU COMPLETE ALL ACTIVITIES BY 11/15/2021

The City of Savannah wishes you well – feeling well, doing well and being well. That’s why we’ve partnered with MyQHealth to put this wellness program in place. By completing the following activities by the deadline, members will receive the 2022 SAV4Health premium incentive starting January of 2022.



Complete a biometric screening and report your results on MyQHealth

The purpose of a biometric screening is to give you information that might indicate risk factors for certain chronic conditions, such as diabetes and heart disease.



Complete your annual checkup with your primary doctor

Routine checkups are an important part of your care for several reasons, including detecting or preventing many health conditions. You and your doctor will go over your biometric screening results together.



Complete the health questionnaire

This personal health report will give you an overview of your current health status, and will serve as an indicator of potential health problems.



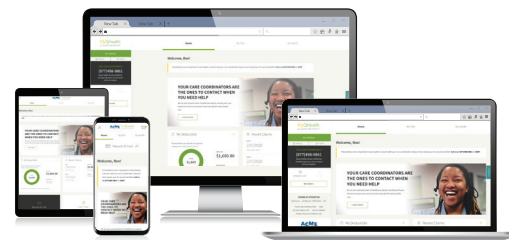
Complete the tobacco affidavit

If you indicate you are not using tobacco products, you will continue to avoid the tobacco surcharge. If you attest as a tobacco user, you may need to **complete FREE MyQHealth Tobacco Cessation Coaching.**

YOU'RE IN CHARGE OF YOUR WELLNESS

The City of Savannah cares about you and hopes you'll find this program engaging and helpful. It is your responsibility to ensure the requirements have been met by **11/15/2021**. On your **Incentive Checklist**, a green check mark next to an activity indicates completion. If you do not see your activity marked off and feel it should already be in place, call your MyQHealth Care Coordinators at **866-360-7926** within 90 days of the deadline of the program. We will be unable to make adjustments to program activities after 90 days.

Learn more about activities, eligibility and deadlines on reverse side.



BEGIN AT YOUR MYQHEALTH PORTAL

CityofSavannahHealthPlan.com
MyQHealth - Care Coordinators app

After you register, you'll be able to view and complete your incentive activities:

1. Log in and select the **My Health** section.
2. Review your activities and completion status in the Overview.
3. Click **Complete Your Activities** to view your **Incentive Checklist** and instructions for activity completion.
4. Your MyQHealth Care Coordinators are available by chat, secure message or phone to help you get started or to answer questions.

WHATEVER IT TAKES

Have a question about your activities? Need help understanding your health benefits? Your MyQHealth Care Coordinators are here to help. Think of us as your personal team of nurses, benefits experts and claims specialists who will do all we can to support your unique health needs. We're problem-solving, frustration-fighting people on a mission to make your healthcare simpler.

Eligibility:

This program is for employees on the City of Savannah medical plan.

To earn the wellness incentive:

To qualify for the SAV4Health premium discount starting January 2022, you must complete these required activities between **1/1/2021** and **11/15/2021**.

1. **Complete your annual checkup with a biometric screening.** Download the PCP Form for your doctor to complete the biometric results section. Make sure your doctor has you come in for your screening (lab work) before seeing you for your checkup.
2. **Report the results** of your annual checkup and biometric screening at CityofSavannahHealthPlan.com. Check the box to confirm you had your annual checkup. Then click the link to enter your biometric screening results using the information on the PCP Form. Call your MyQHealth Care Coordinators for assistance.
3. **Complete your health questionnaire** at CityofSavannahHealthPlan.com or by calling your Care Coordinators at 866-360-7926.
4. **Complete the tobacco affidavit** at CityofSavannahHealthPlan.com. Certify you are tobacco-free or ready to enroll in – and complete – MyQHealth Tobacco Cessation Coaching. Your medical plan covers the cost of the program at 100%! *NOTE: If you certify that you will continue to use tobacco without enrolling in a tobacco quit program, you will not qualify for the SAV4Health incentive and you will be charged the standard rate for your health insurance.*

About SAV4Health

Five years ago, the City of Savannah launched the SAV4Health incentive program to inspire, engage and invigorate healthy living amongst our fellow employees, their family members and our community. This program encourages employees to complete FOUR simple wellness activities during the current plan year in order to earn a significant savings in their medical premiums for the next plan year.

MyQHealth Tobacco Cessation Coaching

The City of Savannah cares about you and is offering a chance at freedom from addiction, the high cost of tobacco, higher risk of disease, and paying more for healthcare. Learn how to successfully reduce and quit smoking with this free coaching program. A certified tobacco cessation coach will work with you throughout the stages of quitting with expertise and encouragement along the way. This program consists of five coaching calls at least a week apart, but with no more than 45 days between calls. To enroll, call your MyQHealth Care Coordinators.

If it is unreasonably difficult for you to complete activities because of a medical condition, please contact your Care Coordinators to discuss reasonable alternatives.

CityofSavannahHealthPlan.com

866-360-7926
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

Download the app | **MyQHealth - Care Coordinators**



2021 Biometrics Health Screening RESULTS FORM

SAVANNAH
savannahga.gov



MyQHealth.
by QUANTUM HEALTH

Act early for your 2021 premium incentive!

Please bring this form to your family doctor's office at the time of your annual checkup and use it to record your biometric health screening results. Please note that you must self-report all information; see more below. We recommend that you complete a biometric health screening before having your annual physical so that you can go over your screening results with your doctor. **Your results cannot be faxed.**

FILL IN AT LEAST FOUR OF THE BIOMETRIC RESULTS

Your Name: _____ Screening Date: _____
Height: _____ Weight: _____
Blood Pressure: _____ Glucose or A1c: _____
Total Cholesterol: _____ HDL: _____
LDL: _____ Triglycerides: _____
Total/HDL Ratio: _____ BMI: _____
Physician Name: _____ Physician Phone: _____

Make sure to complete all 4 activities noted on your incentive checklist on or before November 15, 2021 to receive the SAV4Health premium incentive for 2022.

You must self report all information on the incentive checklist which can be found by logging into **CityofSavannahHealthPlan.com** or the **MyQHealth app** or by calling your Care Coordinators at **866-360-7926**.

CityofSavannahHealthPlan.com

866-360-7926

(Monday-Friday, 8:30 a.m.-10 p.m. ET)

Download the app | MyQHealth - Care Coordinators