

## Updates . . .



### Biometric Screening

Registration for your free biometric screening is open now.

#### Where to register:

[www.screeningreg.com](http://www.screeningreg.com)

**Login:** ascend (all lower case)

**Password:** healthy (all lower case)

#### How to Schedule:

Follow the instructions provided on the site.

Member will need:

- Member current address
- Member date of birth, which will be their PIN #

#### The dates available are:

May 29-30, 2019 at Pacific Press

June 12, 8am - 5pm at Gem State Academy

Your free onsite biometric health screening includes finger stick blood test, body composition screening, blood pressure screening and onsite health coaching. This whole process will take about 25 minutes. – Human Resources

### Important Healthcare Update

The Ascend to Wholeness Health Care Plans (Plan) are designed to empower you to achieve your own goals of complete, whole-person health through the mind, body, and spirit. This is accomplished through robust benefits provided by the plan and geared to assist and educate you on your current health, as well as provide a strong foundation for life-long changes to achieve a "holistic" lifestyle. The Plan

works diligently to adjust as needed to significant market pressures and frequent changes in the law. In 2018, in anticipation for 2019 benefits, the Plan offered an opportunity for covered members to actively engage in your health through:

- Health Coaching
- Wellness Activities
- Care Coordination Resources
- Wellness Assessment
- Biometric Screening



These resources encouraged covered members to be engaged in your health in order to pro-actively address health concerns for improved quality of body, mind, and spirit while reducing your cost and cost to your employer. Completion of 200 points (80 Wellness, 60 Wellness Assessment, 60 Biometric Screening points) allowed for selection of the Accelerate Plan in 2019. Over 83% of the 16,000 + eligible covered members completed the 200 points. This engagement in the first year was higher than expected and showed the desire by covered members to live healthier lives.

Going forward as your employer, we are committed to providing quality, market competitive healthcare benefits which include opportunities for you to engage in your health. In the first quarter of 2019, the Plan became aware of a change in federal law that does not allow a Plan to condition participation in the Plan based on requiring covered members to participate in biometric screening and in many of the questions asked on the Plan's Wellness Assessment.

What does this mean for you?

- In 2019, the Plan will still make available the opportunity for you to voluntarily participate in both biometric screenings and

wellness assessments as we still believe these benefits will allow you to continue your journey to better health.

- Neither participation/non-participation in biometric screenings or self-assessment will be used to determine Plan (Access or Accelerate) eligibility for 2020.
- It is still a requirement to participate and earn the 80 Activity points, and these can still be a factor in determining eligibility for Plan benefits for 2020.

As your employer, we are committed to providing healthcare benefits; the change in the law concerning biometric screenings and the wellness assessments does not change your benefits. The Plan through the administrative governing body is working closely with our administrator to determine the benefits the Plan will provide in 2020. Please be assured there is continued focus on providing benefits that are Affordable Care Act compliant, market competitive, and that will continue to encourage and provide opportunities for each of us to invest and be engaged in our health. More information is anticipated around July; we will share further details on 2020 Plan benefits at that time and as they become available.

We encourage you to continue on your personal journey to better health, and to check in regularly at the Plan website [ascendtowholeness.org](http://ascendtowholeness.org). For specific questions please email [ascendtowholeness@adventistrisk.org](mailto:ascendtowholeness@adventistrisk.org)

Protecting Your Privacy - As your health plan administrator, Adventist Risk Management, Inc. and its partners adhere to all HIPAA privacy regulations. We take your privacy and confidentiality seriously. No personally identifiable health information will be shared with your employer, including the Human Resources department, managers, supervisors or other non-health plan employees. Your employer receives only aggregated statistics, stripped of identifying information.  
– Ascend To Wholeness

### United Way Children's Book Drive

This week is the United Way book drive for low income children. This is a wonderful opportunity to make a huge difference in the life of a child! Reading well is one of the most significant predictors of academic success. If children can read about Jesus, they will not only be ready to grow

academically, but grow in the knowledge of His love for them at the same time.

You'll find a barrel in the lobby for donations. New or gently used books for children of all ages are welcome! The book drive runs **through tomorrow**.

Dear friends at Pacific Press,

Thank you for the beautiful flowers after my hip surgery. They have really brightened my home and my living room while I've been recovering.

– Michelle Sinigaglio, HR Director



## Dateline . . .

### April

- 8-11 United Way Children's Book Drive @ PPPA
- 10 PAYDAY
- 15 Chapel—Safety; Mike Fifer, Chairperson
- 22 Chapel—
- 24 PAYDAY
- 29 Chapel—Retirement Chapel, Lyn Crabtree

### May

- 5 Cinco de Mayo
- 6 Chapel—Wellness, Michelle Sinigaglio, Chairperson
- 8 PAYDAY
- 13 Chapel—Product Dedication; Miguel Valdivia, Chairperson
- 20 Chapel—
- 22 PAYDAY
- 27 **MEMORIAL DAY, PPPA Holiday**

