

How HealthPlus HealthySolutions Works There's a new PLUS to leading a healthier life.



HealthPlus HealthySolutions is our wellness-based health benefits plan that rewards you for making responsible health choices. HealthPlus and your primary care physician will work with you to encourage you to be aware of, and decide on, healthy lifestyle choices. HealthPlus HealthySolutions represents a four-way partnership between HealthPlus, your employer, your primary care physician and you. Collectively, the goal is to create awareness of and promote healthy lifestyle choices. The end result for you could be life changing.

If you lead a healthy life, or if you're ready to commit to a healthy lifestyle, this is the plan for you. Lower copays and deductibles, these are the ultimate benefits. Of course, you have to do your part. **This is how it all works.**

If you are an existing HealthySolutions member, you will begin the benefit year in your current plan.

- **If you are currently in the Base benefit plan**, you have the opportunity to move up to the Preferred benefit plan for 2011 by completing two simple steps within three months of your effective date of coverage. These two steps are described below.
- **If you are currently in the Preferred benefit plan**, you must still complete the two simple steps described below within three calendar months of your effective date of coverage to maintain these Preferred benefits for 2011.

If you are a new HealthPlus HealthySolutions member in 2011, you will begin the benefit year in the Preferred benefit plan.

- To remain in this Preferred benefit plan for the entire benefit year, you and your covered spouse **must complete the two steps described below** within three calendar months of your effective date of coverage.

Step 1: Meet with your PCP to complete the Treatment plan form

- Call your primary care physician (PCP) as soon as possible to guarantee an appointment within your first three months of coverage. Your appointment must occur after your effective date of coverage.
- Have your PCP complete the enclosed treatment plan form. Your physician may order lab tests to be done as a part of your treatment plan. You must complete these labs within your first three months of coverage. It is the physician's responsibility to send the treatment form back to HealthPlus, but keep a copy for your own record. Your physician will look at the following health risks.
 - **Tobacco use:** either you don't use tobacco or you commit to a tobacco cessation treatment plan prescribed by your PCP
 - **Body Mass Index:** You have a healthy weight (body mass index at or below 30) or commit to a weight reduction treatment plan prescribed by your PCP
 - **Blood Pressure:** You have blood pressure below 140/90 (or below 130/80 if you have diabetes) or commit to a blood pressure treatment plan prescribed by your PCP
- **If you or your spouse do not agree to follow your PCP's treatment plan to modify risk factors, you will be moved to the Base benefit plan on the first of the month following three calendar months from the effective date of coverage. This plan has higher copays and deductibles.**

Note: If you do not have a PCP you will need to select one by logging into the HealthPlus Web site at www.healthplus.org and selecting "Find a doctor" or by calling HealthPlus Customer Service at 1-800-332-9161.

Step 2: Complete your HealthQuest Profile

- After your effective date of coverage, go to the HealthPlus Web site at www.healthplus.org and complete your HealthQuest Profile.

One thing to be aware of is that you'll need to follow the qualification process each year.

If you have any questions, call our Customer Service Department at 1-800-332-9161.

[Link to Treatment Plan form](#)

[Link to Frequently Asked Questions](#)