



FAQs

How do I qualify for the WellBody + Rewards premium discount?

You must participate in the WellBody Club program by completing your annual health screening and health coaching and an annual physical exam with your primary care provider. In addition, you will need to enroll and complete two or more Wellness campaigns or approved alternatives such as fitness center participation or a 4-week food log.

Who is eligible for the premium discount?

All employees and their spouses covered by an AMERICAN Cast Iron Pipe health plan and meet the qualifying criteria.

How much is the premium discount?

Employees that are WellBody Club participants and meet the criteria qualify for a monthly \$100 premium discount. Spouses that meet the criteria qualify for a monthly \$50 premium discount.

When does the reduction begin?

Participants must meet the criteria by November 30th of each calendar year for the premium reduction to begin in January of the following year. For participants that cannot complete their physical exams until after November 30th their premium discount may not begin until the following month.

What if I do not meet all the goals I set to qualify for my discount?

You have up to 30 days before and 30 days after your one-year time to meet your WellBody Plus Rewards goals. If you do not you will not be eligible for the premium discount.

What is the difference in WellBody Club incentive and the WellBody Plus Rewards programs and incentives?

The WellBody Club is a screening that based on your results will classify you in one of 4 clubs: 200, 50, 25, or 10. Employees receive a cash amount equal to their club status which is included in the last pay check of the year. You must participate in the WellBody Club to then qualify for WellBody Plus Rewards. However, you may participate in WellBody Club alone and elect not to participate in WellBody Plus Rewards. Also, you may participate in WellBody Club and receive the gift card incentive of 10, 25, 50 or \$200 without being covered by an AMERICAN health plan.

Spouses are not eligible to receive the WellBody Club cash incentive.

What if I just cannot meet my goals?

If it is unreasonably difficult or medically inadvisable due to a medical condition to achieve the criteria required to receive the WellBody Club or Plus Rewards incentives, then an alternative measure may be provided. For example, if you set an exercise goal and then suffered a musculoskeletal injury and could not exercise an alternative would be provided to you.