



Frequently Asked Questions About the Live Well, Be Well Prevention Plan Wellness Program

WHO IS ELIGIBLE TO ENROLL IN THE PROGRAM?

Primary participants and their covered spouses/domestic partners enrolled in the PEBP Consumer Driven PPO High Deductible Health Plan (CD PPO HDHP).

WHAT IS A PRIMARY PARTICIPANT?

The primary participant is defined as the active employee, retiree or surviving spouse.

IS THIS PROGRAM AVAILABLE TO RETIREES?

Retirees and their covered spouses/domestic partners enrolled in the CD PPO HDHP are eligible to participate in the program.

WHAT IS THE DEADLINE TO JOIN?

You have until October 31, 2011 to register for the wellness program, complete the Health Risk Appraisal and the blood test.

HOW DO I REGISTER FOR THE PROGRAM?

To register for the program, visit www.ThePreventionPlan.com/NevadaPEBP. Enter the PEBP Group ID number: 0045-PEBP-2010 and your unique PPO ID card number. For spouses/domestic partners, enter the PEBP Group ID number: 0045-PEBP-2010 and your unique PEBP PPO ID card number, followed by the letter "S" (capitalized) at the end of this number. If you do not have access to the Internet, call Member Care at (877) 800-8144.

SHOULD I BE CONCERNED ABOUT CONFIDENTIALITY?

Please be assured that we take your confidentiality very seriously. Your personal information will not be shared with anyone, including PEBP or any other company, without your permission. We are HIPPA compliant and have been accredited by the most prestigious accrediting organizations...NCQA and URAC. You can learn more about this at www.USPreventiveMedicine.com.

DO I NEED INTERNET ACCESS TO PARTICIPATE?

No, if you do not have Internet access, you can still participate in the program by calling Member Care at (877) 800-8144, and we can assist you with your enrollment options.

IS THIS PROGRAM TIME CONSUMING?

It does not have to require a lot of your time. Once you complete the first steps, you will only need to log on periodically to record your activity or participate in the online prevention plan programs. However, it is like anything... the more you put into it, the more you will get out of it.



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CAN I USE THE BLOOD TEST RESULTS I ALREADY HAVE?

This may be possible if the date of the blood test is within 90 days of when you complete the online Health Risk Appraisal. To use an existing lab test, you will manually enter your lab results into the *Live Well, Be Well* Prevention Plan and call our Member Care department to let them know you have entered the information. However, it may be easier to get your free blood test at one of our onsite biometric screening events or at a LabCorp Patient Service Center. This will allow us to automatically load your lab results into the *Live Well, Be Well* Prevention Plan and our health services team can immediately review your health data to produce your customized prevention plan.

ARE THERE OTHER OPTIONS FOR TAKING THE LAB TEST?

There are other options if you cannot attend a Blood Draw Event or go to a LabCorp Patient Center. Please call our Member Care at (877) 800-8144. We will be pleased to explain your options.

WILL I HAVE THE ABILITY TO WORK WITH A HEALTH COACH?

Wellness coaching is offered to primary participants and covered spouses or domestic partners enrolled in the *Live Well, Be Well* Prevention Plan identified as moderate or high risk. The risk level is based on the combined results of the lab test and the Health Risk Appraisal. Additionally, PEBP offers a separate program for participants and their covered spouses/domestic partners with a primary diagnosis of diabetes. Through the Diabetic Care Management Program, you can receive diabetic care management services.

HOW CAN I OBTAIN MY BASELINE, INTERVENTION AND PREVENTION SCORES?

Complete your registration, Health Risk Appraisal and biometric testing by October 31, 2011. This will give you a Baseline, Intervention and Prevention Score (the Prevention Score is the sum of the Baseline and Intervention Score). Your confidential scores are located inside your personal *Live Well, Be Well* Prevention Plan website. The Intervention Score is an important score that helps you track your progress throughout the year as you complete recommended screenings and online education Action Programs. Each time you complete a healthy action and update your record, you receive points. Your Intervention Score increases by the healthy actions you take and is not related to your health status.

WHAT THREE COMPONENTS MAKE UP THE PREVENTION SCORE?

The three components include the Baseline Assessment, Intervention, and the Prevention Score. The Baseline Assessment Score is determined from your blood test results, biometric screening and Health Risk Appraisal. The Intervention Score will change throughout the year as you complete activities to improve health. The Prevention Score is the result of your progress at the end of the plan year cycle.



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WHO PAYS FOR THE VACCINATIONS RECOMMENDED IN THE PREVENTION PLAN SCHEDULE?

The *Live Well, Be Well* Prevention Plan program does not pay for vaccinations. However, the flu, pneumonia, shingles, HPV and certain other vaccinations are generally covered 100% under the CD PPO HDHP annual wellness benefit. For information on the CD PPO HDHP wellness benefit, visit www.PEBP.state.nv.us.

IS THE COST OF THE BLOOD TEST APPLIED TO THE CD PPO HDHP WELLNESS BENEFIT?

There is no charge to the participant for the blood test. The cost of the blood test is included in the contract between PEBP and U.S. Preventive Medicine.