



UNIVERSITY
of ALASKA
Many Traditions One Alaska



THE FY19 WELLNESS REBATE YOU EARNED IS COMING SOON

NEW Rebate Details	Track Your Savings	Continue earning in FY20
<p>The earned \$600 wellness rebate* will be added as a one-time, lump sum amount to a November 2018 paycheck (R24).</p> <p>*Per eligible employee, spouse/FIP</p>	<p>Check your Healthyroads® account to verify you've completed all rebate requirements.</p> <p>You can view the wellness rebate on your UA pay stub starting in November 2018.</p>	<p>If your biometric results last year met three of the five metrics, all you need to do is complete the Personal Health Assessment (PHA) this year to qualify.</p> <p>If you did not meet three of the five metrics or have a screening in FY18, then you will need to complete the PHA, biometric screening, and earn 5 points.</p>

MISSED EARNING YOUR REBATE THIS YEAR?

You can still earn a reduction in your health care expenses for next year by completing all activities by [April 30, 2019](#).

Get started today!

QUESTIONS?

Contact UA's onsite Healthyroads Wellness Manager, Sara Rodewald, at [907.450.8203](tel:907.450.8203) or sararo@ashn.com.



NOTE: Only employees and their spouses/FIPs currently on the University of Alaska health plan are eligible to participate in the wellness program. If your spouse or FIP is covered under our health plans, they must complete the required steps to earn the rebate.

Your employer is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all participating employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your location HR representative and they will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

Healthyroads is a well-being program operated by American Specialty Health Management, Inc. (ASH Management). ASH Management may use and/or provide participation information to your plan sponsor/ employer or its contracted entities that administer your plan for incentive fulfillment purposes. ASH Management may also use this information to provide you with other services on behalf of your plan sponsor/ employer. Your participation serves as your consent for ASH Management to use and/or provide this information as stated above.

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