

## Want discounted insurance rates? Read this update

As most employees know by now, one of the wellness activities needed for those wanting the discounted medical rates is to take the online Health Risk Assessment and complete at least one recommended Healthy Living program.

**Please note that Aetna is making some changes to the Healthy Living programs in mid-August. You may want to wait until then to start your online Healthy Living program.**

**However, do NOT delay taking your confidential Health Risk Assessment.**

*Here are the details and your options:*

- Aetna is updating the current online Healthy Living programs as of August 15. Any work on a Healthy Living program must be started at least six weeks before August 15 – otherwise, it will be lost when the new system comes online (and you won't be given credit for completing it).
- That means you must start your Healthy Living program no later than July 6.
- Another option: Delay starting a Healthy Living program until after August 15.
- Either way, the program will rely on answers given via the confidential Health Risk Assessment (which must be done soon, as summarized below).

*And now, a recap of what's NOT changing:*

- The confidential Health Risk Assessment (HRA) is not affected by the August 15 deadline.
- The confidential HRA only needs to be done once (by June 30 if you already have Aetna, by July 31 if you're joining Aetna as of July 1).
- During the first six months of the plan year (July 1-Dec. 31, 2009), employees wanting to keep the discounted rates must: 1) complete one online Healthy Living program recommended as a result of the confidential HRA; and 2) either complete a second online Healthy Living program or earn a minimum number of individual points (450) in the fall Wellness Challenge.

Healthy Living programs are tailored for every employee, according to that employee's needs and physical abilities. Healthy Living programs cover a variety of subjects, ranging from Alcohol Awareness to Stress-Relief to Healthy Heart.

If you already have Aetna coverage, don't delay taking your Health Risk Assessment. To get started, click here: [Health Risk Assessment](#).