

## 2023 Wellness Incentive Details

The Wellness Incentive is a **\$400 per year** (\$100 per quarter) reduction in your self-pay premium which you earn by completing certain health-related goals each year you are a participant in the Welfare Fund. To continue receiving the annual incentive that started **1/01/2023**, you need to have met the health-related goal during **2022**.

To qualify for the Wellness Incentive program, which **began on January 1, 2023 and continues through December 31, 2023**, Active participants must have had a Wellness Exam (what we used to call an annual physical) during **calendar year 2022**.

You will either need to provide written proof of the exams at the time of payment or pay the regular self-pay premium with the understanding that we will credit you for the incentive the following quarter.

### **New Participants (no coverage as of 6/30/2023):**

To qualify for the Wellness Incentive program, new participants must have a Wellness Exam (what we used to call an annual physical) from **7/1/2023 to 12/31/2023**.

You will need to have your wellness exam by 12/31/2023 in order to qualify for the \$100 per quarter reduction in your self-pay premium starting July 1, 2023. You will either need to provide written proof of the exam at the time of payment or pay the regular self-pay premium with the understanding that we will credit you for the incentive the following quarter.

The reason this incentive is being offered is that the Trustees believe that it is vitally important we all see a doctor at least once a year. Early detection of chronic diseases like high blood pressure or diabetes generally results in better outcomes for patients, and lower costs for treatment. Annual Wellness visits help ensure that we receive recommended screenings and care, and that when we do get sick, we have an ongoing relationship with a doctor and don't end up in an emergency room. (Improper use of ER's is a huge area of waste.) We believe that this is a win-win for both you and the Fund as a whole.

If you don't currently have a relationship with a doctor, you can **call Local One's "Medical Home"**, the Friedman Health Center at **(212)489-1939** to schedule a Wellness Exam. There is **NO CO-PAY** for any primary care visit. They are located at 729 Seventh Avenue between 48<sup>th</sup> and 49<sup>th</sup> streets.