



WELLNESS PROGRAM

The Collin County Wellness Program's objective is to encourage you to establish a relationship with a primary care physician and improve our employee population's overall health by encouraging annual wellness visits.

You may participate in this voluntary program each year. You must complete the requirements by the due date each year to qualify for the monthly premium discount and lump sum payment.

Monthly Premium Discount or Surcharge

You may be eligible for a \$25 monthly discount beginning in the second plan year in which you are eligible for insurance. To receive the monthly discount, you and your insured spouse must complete all requirements. Covered dependent children are not required to complete the wellness program.

If you choose not to participate in the wellness program, you will be charged a \$25 monthly surcharge.

Lump Sum Payment

Each year that you participate in this program, you may receive a \$200 lump sum payment for yourself and another \$200 lump sum payment for your spouse. To receive the payment you must be enrolled in a County medical plan on or before January 1st, and it must be your second plan year.

Wellness Form

Wellness forms can be found on the Human Resources intranet page. Forms must be submitted to Administrative Services by the due date specified on the form, usually the end of November. It is not required that one physician complete all exams. You may have multiple forms depending on who completes the requirements.

Wellness Visits

Our plan covers basic wellness visits at 100%. Please note if other services are provided, the visit may not be billed as a wellness visit. Our plan does not require that you wait 12 months in between wellness visits.

Wellness Requirements

1. Annual Physical
2. Well Woman/Man Exam (if applicable)
3. Cholesterol Screening
4. Health Provider Indicated BMI
5. Rally Health Assessment
6. Completed Wellness Form Submitted