

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 employees' overall health by encouraging annual wellness visits. You may participate in this voluntary program each year by completing the requirements by the due date 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 starting in the second plan year in which you are eligible for insurance. To receive the discount, you and your insured spouse must complete all wellness requirements. Covered dependent children are not required to participate. If you choose not to participate in the wellness program, a $25 monthly surcharge will apply.

Lump Sum Payment

Each year you complete wellness requirements, you may receive a $200 lump sum payment for yourself and another $200 for your spouse. To qualify, you must be enrolled in a County medical plan before January 1 and it must be at least your second plan year. The same requirements apply to a covered spouse.

Wellness Form

Wellness forms are available on the Human Resources intranet page and must be submitted to Administrative Services by the due date listed on the form, usually at the end of November. One physician does not need to complete all exams; multiple forms are allowed if different providers complete the requirements. All requirement boxes must be checked on the form for it to be counted as complete, even if a particular exam or requirement does not apply.

Wellness Requirements

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

Wellness Visits

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