

MHBP MEMBERS CAN NOW EARN WELLNESS FUNDS

Beginning January 1, 2017, MHBP Standard Option and Value Plan members can earn Wellness Fund account rewards for completing a Health Risk Assessment and a Biometric Screening. The rewards can be earned once per calendar year by each covered family member age 18 and older, and may be used to help pay for qualified medical expenses, such as your cost-sharing amounts (copayments, coinsurance and deductibles) for future services, for any covered family member.

Consumer Option members are not eligible for the Wellness Rewards program, but should still complete the Health Risk Assessment and Biometric Screening. These actions help identify health risks and health changes and can point to lifestyle modifications and/or treatments that help you maintain or improve your health.

Health Risk Assessment (HRA)

An HRA is a great way to identify potential health risks. It's like an interview: a questionnaire about your nutrition, physical activity, stress, etc. Once complete, you'll get a personalized summary with suggestions and programs to help you improve your health by reducing health risks. And you'll earn a \$75 credit (Standard Option) or a \$50 credit (Value Plan) to your Wellness Fund account.

You can complete your HRA online by going to the MHBP secure member portal. Click on Wellness Tools, then Health Risk Assessment. If you haven't registered for a My Online Services account before, you'll need to establish a new account for each family member age 18 or older. The process is simple and it only takes about 20 minutes to earn your reward.

Or, you can complete your HRA by phone if you prefer. Call TrestleTree at 855-580-2801 or go to <http://enroll.trestletree.com> (passcode: MHBP) to schedule an appointment with a health coach. You'll get your results by mail and you'll also have the opportunity to participate in health coaching programs by phone.

After you have completed your HRA, we will credit your Wellness Fund account with your reward.

Biometric Screening

A biometric screening measures certain physical characteristics: height, weight, body mass index, blood pressure, blood cholesterol, blood glucose, and aerobic fitness. It creates a benchmark for you to evaluate changes in your health status over time. Your doctor can do one as part of your annual physical exam, or you can have a biometric screening done – at no cost to you – at a Quest Diagnostics Patient Service Center. When your results are returned by November 30, you'll earn a Wellness Fund account reward of \$75 (Standard Option) or \$50 (Value Plan).

Earn your reward:

- Make an appointment for your biometric screening at a Quest Diagnostics Patient Service Center. To register for your screening call 855-623-9355 or visit My.QuestforHealth.com and enter the registration key: *mhbp*
- Have your physician perform the biometric screening as part of your annual check-up, record the results on the Biometric Screening Physician Results form and fax the form to Quest Diagnostics no later than November 30. The Biometric Screening Physician Results form and instructions are available at My.QuestforHealth.com.

Once your biometric screening is complete, your results will be available online at My.QuestforHealth.com. After you have completed the biometric screening, we will credit your Wellness Fund account with your reward.

Wellness Fund account

Once you've earned rewards, we will automatically use funds from your account to cover any cost-sharing amounts that remain after your MHBP benefits are applied when we process claims for you or your covered family members. You can also use available funds to help cover the cost of qualified expenses that your



MICHAEL J. HORA, Executive Director, MHBP

MHBP benefits don't cover, like dental services and eye exams.

If you don't use all your reward funds by the end of the year, don't worry – your unused funds will roll over to the next year.

If you have Flexible Spending Account (FSA)

If you are enrolled in a Flexible Spending Account (FSA) and wellness incentives have been deposited into your wellness fund, you may not receive reimbursement for the same medical expense from both your wellness fund account and your FSA. If a medical expense is covered under both your wellness fund account and your FSA, you must use the funds in your wellness fund account first. Enrollees may receive reimbursements from their FSAs for medical expenses that are covered by both their wellness fund account and their FSA only after the funds in the wellness fund account have been exhausted.

In order to receive reimbursements from your wellness fund account for qualified medical expenses, you must certify that you have not received reimbursement for the applicable qualified medical expense and that you will not seek such reimbursement under any other plan or arrangement. If you receive reimbursements from more than one plan or arrangement for the same qualified medical expense, the amount received in excess of the qualified medical expense may be taxable to you as income.

Michael J. Hora
Executive Director, MHBP

MHBP ACHIEVES AAAHC ACCREDITATION

I am pleased to report that the Mail Handlers Benefit Plan® has achieved OPM's required health plan accreditation from the Accreditation Association for Ambulatory Health Care (AAAHC), an independent, not-for-profit organization dedicated to improving health care quality and patient safety. Status as an accredited health plan means that the National Postal Mail Handlers Union d/b/a MHBP® has met nationally recognized standards set by AAAHC for the provision of patient-centered quality health care. This accreditation distinguishes MHBP and our contracted administrator, facilities, physicians and care providers from many others as providing the highest quality of care to MHBP members.

During a three-day on-site evaluation, AAAHC examined MHBP for compliance with standards in eight core areas: Member Rights, Responsibilities, and Protections; Governance and Administration; Provider Network Credentialing; Case Management and Care Coordination; Quality Improvement and Management; Clinical Records and Health Information; Environment of Care and Safety; Health Education & Wellness Promotion. AAAHC concluded that MHBP® met AAAHC's nationally recognized standards for quality patient-centered health care and safety. Not all health plans seek accreditation; not all that undergo the rigorous on-site survey process are granted accreditation.



We believe that our members deserve the best. When members see our certificate of accreditation, they will know that AAAHC closely examined our operations, policies and procedures. It means that as an organization, we care deeply about our members and their health

and endeavor to provide them the highest level of care possible.

As a FEHB Plan, MHBP was established by OPM in part for the purpose of providing affordable, quality health insurance to federal government employees and retirees and to provide maximum health benefits at the lowest possible cost to employees and retirees and to the government. MHBP strives to provide the best possible quality health care for its members, with an emphasis on patient safety, access to care, customer service and satisfaction, and the promotion of member health and wellness. In order to continue to accomplish these goals, and to ensure that MHBP maintains our AAAHC accreditation readiness, we hired an assistant director who will direct MHBP's work in these and other areas. Nina Gallaresi joined MHBP in March as assistant director, and brings with her a strong background in healthcare operations, quality assurance, and compliance. Please join me in welcoming Nina to the team.

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