

# LivingWell Promise

More than 137,000 KEHP planholders took the HumanaVitality Health Assessment (HA) as part of their 2014 LivingWell Promise and learned more about their health status. To continue our focus on wellness and healthy lifestyles, the LivingWell Promise for 2015 will include the option to complete the HA **or** a VitalityCheck (biometric screening).

If you choose a LivingWell plan and complete the steps of the LivingWell Promise you can begin to:

- ✓ Access the best benefit plan options
- ✓ Learn about your health status and history
- ✓ Understand your health risks
- ✓ Take action to get and stay healthy



**YES**

If you elect a LivingWell plan in 2015, **you must complete one of the following from January 1, 2015 through May 1, 2015:**

- Take the HumanaVitality HA  
**or**
- Complete a VitalityCheck (biometric screening)

By saying **YES**, you are eligible to select one of two LivingWell plan options for the 2015 plan year\*:

**LivingWell CDHP**

**LivingWell PPO**

If you have a cross-reference payment option, you and your spouse must complete the HA or the VitalityCheck.

**NO**

If you say **NO** to the LivingWell Promise, you, the planholder, are not required to comply with the terms of the LivingWell promise.

By saying **NO**, you are only eligible for the Standard plan options for the 2015 plan year:

**Standard CDHP**

**Standard PPO**

If you elect a Standard plan option in 2015, you are only eligible to change your election during the next enrollment period or if you experience a qualifying event.

If you elect a LivingWell plan option for 2015 and do not complete the LivingWell Promise, you will only be eligible for the Standard plan options in 2016. If you are unable to fulfill the LivingWell Promise because of a physical or mental health condition, KEHP will work with you to develop an alternative way to qualify for either LivingWell plan option.

Your privacy is of the utmost importance to KEHP. Your HA answers and VitalityCheck screening results are confidential and protected under the law. KEHP will not collect, access, or share your HA biometric screening data.

**\* NOTE:** If you did not complete your 2014 LivingWell Promise you are **ONLY** eligible for the Standard CDHP and Standard PPO for 2015. KHRIS has been updated to prevent members who did not complete their LivingWell Promise in 2014 from selecting a LivingWell plan during Open Enrollment.