

HealthbyChoice Progressions

A health plan that rewards you for maintaining a healthy lifestyle or working toward improving your health

Welcome to HealthbyChoice® Progressions

New members start at the **Standard** level. To move to the **Choice** level, which offers lower copayments and deductibles, you and your covered spouse¹ must meet the health criteria within 90 days of your plan's effective date. If you and your covered spouse¹ meet the criteria, everyone on your plan will move to the **Choice** level on day 91.

If you or your covered spouse¹ don't meet the criteria, you can still reach the **Choice** level after the 90 days by either meeting the criteria, meeting an alternate goal or reaching a target goal set by your doctor. Once the criteria are met, everyone on your plan will move to the **Choice** level for the remainder of the plan year.

At the beginning of your next plan year, you'll remain at the level you ended in – **Choice** or **Standard** – for the first 90 days while you complete the requirements to earn the **Choice** level again. Don't worry, we'll remind you to requalify every year you're in the plan.

How to qualify for Choice

To start saving money with the **Choice** level, you and your covered spouse¹ must complete two steps within the first 90 days of your plan's effective date.

1 Complete a confidential, online health assessment

1. Log in to or register your **MyHealth** account at priorityhealth.com/myhealth
2. Choose the **HealthbyChoice** tile and click **continue**
3. Scroll down and choose **go to the health assessment now**

Standard: Higher deductible and copayments

Choice: Lower out-of-pocket costs, including lower deductibles and copayments

2 Ask your doctor to complete the HealthbyChoice Progressions online qualification form² confirming you meet the following health criteria:

- **Tobacco use:** Must be tobacco free, including e-cigarettes
- **Body mass index (BMI):** Must be under 30 **or waist circumference** must be under 41 inches for men or under 35 inches for women
- **Blood pressure:** Must be under 140/90 (or under 150/90 for those 60 years of age or older)
- **Cholesterol:** LDL must be 190 (or under 100, based on risk factor³)
- **Blood sugar:** HbA1c must be lower than 7% for members with diabetes, or fasting blood sugar lower than 126 for members with heart disease



Had a physical exam recently? Qualifying results may be used from up to 6 months prior to your effective date.

Alternate goal

If you don't meet the health indicators, you can still qualify if you and your covered spouse¹ meet the alternate goal:

- Quit tobacco or complete a Priority Health tobacco cessation program
- Lose at least 5% of your body weight
- Reduce your blood pressure – systolic by 10mm; diastolic by 5mm
- Reduce your cholesterol by 20 mg/dl
- Improve your blood sugar – reaching normal levels or reducing your HbA1c by 1%
- Reach a target set by your doctor

Need help? We're here for you!



Priority Health offers **online wellness support tools** to help you reach your goals for better health. You'll find content on topics such as:

- Weight loss
- Quitting tobacco
- Stress management
- Chronic condition management



Trying to quit tobacco? Our health coaches are here to help:

- Encourage you to be your healthiest
- Provide resources and support to achieve your goal

Call Customer Service for more information on health coaching.

Questions?

Contact Customer Service by calling the phone number on the back of your membership card.