

Fully insured perks – Northwestern University Postdoctoral Plan

- 3 Visit EAP
- \$0 Copay Virtual Visits (HMO/PPO)
- \$0 Kids Copay (HMO/PPO)
- Real Appeal Administration (Weight Loss)
- Smoking Cessation Quit4Life
- Care Cash (HMO, PPO, \$200/\$500 benefit)
- UHC Rewards (\$1,000 benefit)
- Implementation Budget \$75,000
- Up to 4% savings for ancillary bundling

Action	Description	Dollars earned
		Premium
Connect a tracker	Automatically track activities	\$65
Daily activity – goal 1	Track 15 active minutes or 5K steps per day	\$0.75
Daily activity – goal 2	Track 30 active minutes or 10K steps per day	\$1.25
Fitness challenge – weekly goal	Complete the daily activity goals 5 out of 7 days (Sunday to Saturday)	\$5
Sleep tracking	Track sleep for 14 days	\$10
Sleep challenge – weekly goal	Track 7 hours of sleep for 5 out of 7 nights (Sunday to Saturday)	\$5
Complete health survey	Complete the health survey	\$25
Get a biometric screening	Complete annual bloodwork and measurements	\$75
Go paperless	Switch to paperless communications	\$5
24/7 Virtual Visit	Talk to a provider by video for common urgent care needs	\$30
Flu shot	Get an annual flu shot	\$30
Annual checkup	Complete an annual checkup to support health and prevent illness	\$50
Maximum annual incentive		\$1,000

