



NARFA REWARDS PROGRAM FOR H.S.A. Members

For 2019 the NARFA Rewards Program is only available to those NARFA subscribers enrolled in an H.S.A. Plan. Please read the following to review the benefits.

Subscribers and enrolled spouses are automatically eligible to participate.

- Subscribers and spouses who complete the Anthem Online Health Assessment (HRA) by March 31, 2019 (or 90 days from enrolling in the plan for new subscribers) will earn a \$50.00 reward. For all covered individuals who completed the assessment in 2018, you will need to complete it again in 2019 in order to receive the \$50.00 HRA award.
- Sign on to NARFA.com and provide your email address and receive \$25.00. The NARFA Team will be sharing a link with all Employers and enrolled Employees to our Wellness and EAP Section. Employees will then register with their email addresses to earn a \$25.00 reward. They will also be subscribed to a monthly email newsletter covering topics related to health and wellness, EAP, and relevant program updates. If you provided your email address in 2017 or 2018, you are not eligible for this reward.
- Next have a Complete Annual Physical and earn another \$100.00.
- Get a flu shot that is processed through the Anthem BCBS medical plan and receive \$25.00. (shot must be billed and processed through your coverage with Anthem or it will not be eligible for this reward).
- Pregnant or planning to be? Enroll and participate in the Anthem Future Moms program and earn up to \$500.00(see *notes*) for completing 3 levels of the program; Initial Enrollment and Assessment at 16 weeks, Mid Term Assessment at 28 weeks, and Post-Partum Assessment at 1 month after your due date
- Managing a chronic condition? If you have been diagnosed with Heart Failure, Coronary Artery Disease, Diabetes, COPD or Asthma enroll in the Anthem Condition Care program, complete an assessment and earn \$250.00 (see *notes*). You will work closely with registered nurses to set goals to help manage your condition, and, once you meet them you will earn another \$250.00(see *notes*).
- Have your age-appropriate annual mammogram, and earn \$100.
- Have your age-appropriate colonoscopy, and earn \$100
- Join Weight Watchers and submit proof of payment for 3 months of the program and earn \$50.
- Have your age-appropriate Cholesterol test (males 35+ years, females 40+ years) and earn \$50.

- DIABETICS - Have the following tests done and the enclosed form completed by your physician. Mail the form in to NARFA and once all tests are confirmed with Anthem, we will cut a check for \$200.
 1. A1C Test
 2. LDL blood test
 3. Urine microalbumin test
 4. Dilated eye exam

NEW REWARDS FOR 2019:

1. Follow the instructions on the email you receive from My Medical Shopper to set up an account, and “link” your Anthem Health account to your My Medical Shopper account and receive a \$20 Reward.
2. Utilize My Medical Shopper when choosing a provider for one of hundreds of different procedures. If you choose a provider that shows a “My medical reward, that is the reward you receive.” Please see the My Medical Shopper brochure for all requirements

If you have any questions regarding this program or your benefits please contact your NARFA Client Services Advocate at 800-258-5318.

Notes:

Reward checks will be cut on a quarterly basis.

**If your yearly rewards total more than \$600, you will be issued a 1099 as the rewards are deemed taxable income by the IRS.*

***Yearly rewards are capped at \$2500 per subscriber*

IMPORTANT - PLEASE NOTE:

REWARDS CHECKS WILL ONLY BE ISSUED TO PEOPLE WHO ARE EMPLOYED BY A NARFA MEMBER COMPANY AT THE TIME THE CHECKS ARE CUT. EVEN IF YOU HAVE PARTICIPATED IN THE PROGRAM AND COMPLETED ALL REQUIREMENTS, IF YOU ARE NOT EMPLOYED AT THE TIME THE CHECKS ARE PAID, YOU WILL NOT BE ELIGIBLE FOR A REWARD.