

Premier Healthy Living Wellness Incentive

For participating members of the Premier Health Employee Medical Plans.

By participating in the voluntary Premier Healthy Living wellness program, caregivers hired on or before Aug. 31, 2025, and who are enrolled and active in the Premier Health Employee medical plan by Sept. 1, 2025, can save \$25 per pay period on their 2026 insurance premiums plus receive an HRA/HSA deposit of up to \$1,000!

Save \$25 per pay period by completing the following three tasks by Oct. 31, 2025:

- ☐ **Health Risk Assessment:** Complete the online health risk assessment through the link on the wellness portal. Answer all of the questions to the best of your ability.
- ☐ **Biometric Screening:** Complete a biometric screening on-site or with your doctor. For your screening to be considered complete, your results for BMI, blood pressure, total cholesterol, HDL, and A1C must be submitted by the screening deadline. If you already had a doctor's appointment with labwork on or after Nov. 1, 2024, you can submit those results instead of completing another screening.
- ☐ **Annual Physical or Well-Woman Exam:** Complete an annual physical or well-woman exam with your provider.

Complete Additional Tasks to Earn up to \$1,000 HSA/HRA Deposit:

- ☐ **Preventive Care Services (Up to 2)** | 500 Points Each
- ☐ **Blood Pressure: 120/80 or Less** | 100 Points
- ☐ **Fidelity Financial Wellness Check-Up** | 200 Points
- ☐ **Health Coaching** | 100 Points
- ☐ **Calm Mindfulness** | 100 Points
- ☐ **Track 1,000,000 Steps or 7,500 Activity Minutes** | 100 Points
- ☐ **Self-Reported Activities (Up to 4)** | 25 Points Each



Scan the QR code to get started!

Or visit my.bravowell.com/premierhealth

Questions? Give us a call toll-free at 1-844-925-2782 or send us a message on the portal.

Premier 
healthy living

 Premier Health

See what Premier Health caregivers are saying about the Healthy Living Program!

"I saw my Primary Care Physician in early January and had completed a series of blood tests prior to my appointment. My numbers were not great after the holiday season. I discussed nutrition and exercise changes with my doctor and began right away. I had my biometric screening about 6 weeks later and my numbers had drastically improved! My cholesterol was cut in half with the changes I had made. This was a huge motivator for me to continue down a better path of health. I have since lost 32 pounds, exercise daily, lift weights three times a week, and focus on proper hydration and eight hours of sleep a night."

- Jacquelyn Wiles, PCT/HUC, Upper Valley Medical Center