



### Your privacy

Information on your HRA is private and confidential. This information will not be shared with your employer and will not be used to determine your insurance coverage or premium.

Your employer may be required to report health plan issued incentives as taxable income. MercyCare is required to report incentive payment information to your employer.

### For more information

If you have questions about our wellness incentive program, please call our customer service department at (800) 752-3431, 8 am-4:30 pm, Monday through Friday.

You can also find more information at the Well Wisconsin Program website: [wellwisconsin.wi.gov](http://wellwisconsin.wi.gov).



## Wellness Incentive Program

Exclusive to State of Wisconsin Employee Trust Fund (ETF) Members



## What is MercyCare's Wellness Incentive Program?

This free, voluntary employee health and wellness program is designed to promote a healthy lifestyle for you and your family.

When you choose to participate, MercyCare offers you a health risk assessment to maximize your health.

The program is offered to all State of Wisconsin employees and their spouses/domestic partners insured by MercyCare Health Plans.

## Why should I participate?

The best reasons are to improve your health and your quality of life. In the process, you will learn your health status and receive valuable wellness resources.

MercyCare is also happy to offer you:

- **The \$150 incentive is paid once we have received both your biometric screening results and your health risk assessment (HRA) has been completed.**
- **If it is necessary to get new testing for your cholesterol or blood sugar, these are FREE, provided without any out-of-pocket expenses, when arranged by MercyCare or when completed at a workplace biometric screening hosted by the state vendor.**



## How does the program work?

Your first step is to complete your biometric screening. If completed at your doctor's office, the biometric form can be found online at [MercyCareHealthPlans.com](http://MercyCareHealthPlans.com), go to the "State of WI Members" page and click on "biometric form" under the Wellness Incentive Program information.

Next you are ready to complete your online health risk assessment (HRA). At [MercyCareHealthPlans.com](http://MercyCareHealthPlans.com), go to the "State of WI Members" page and click on "HRA" under the Wellness Incentive Program information.

To complete the HRA, the user name will be your 11 digit member number located on your MercyCare Health Plans card and the password is [mercy2016](#).

Your HRA will determine your wellness scores in:

- ✓ Heart health
- ✓ Cancer risk
- ✓ Nutrition
- ✓ Fitness
- ✓ Stress
- ✓ Safety
- ✓ How old you are based on your current lifestyle habits
- ✓ Areas where you are doing well
- ✓ What you can do to improve your health

