



COLORADO

STATE OF HEALTH

State Wellness Program

STATE OF HEALTH INCENTIVE

Earn a \$20 monthly discount on your health insurance premiums by completing the steps of your Action Plan

Initial (Year 1) Action Plan:

Action 1 - Complete the Health Engagement Questionnaire (HEQ)

Action 2 - Set Your Goals

Action 3 - Complete Your Blueprint for a Healthy Lifestyle

Action 4 - Schedule and Attend a STATE OF HEALTH Skill Group. Schedule your session through the Skill Groups tab in the STATE OF HEALTH portal.

Action 5 - Visit Your Primary Care Provider (PCP). If you haven't had an appointment with your PCP in the 12 months prior to starting your pathway's cycle, you must visit your PCP before reaching the deadline to complete your Action Plan in order to earn your incentive.

Continuing (Year 2+) Action Plan:

Action 1 - Complete the Health Engagement Questionnaire (HEQ)

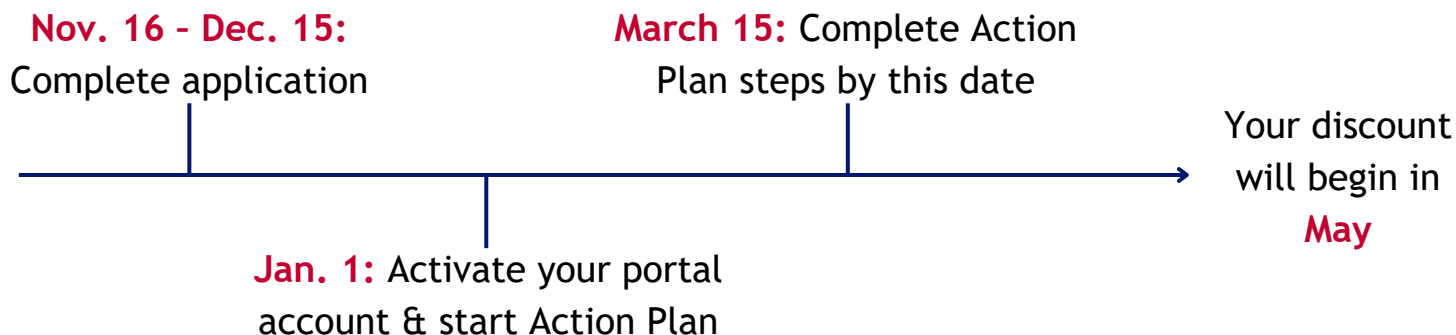
Action 2 - Set Your Goals

Action 3 - Complete Your Blueprint for a Healthy Lifestyle

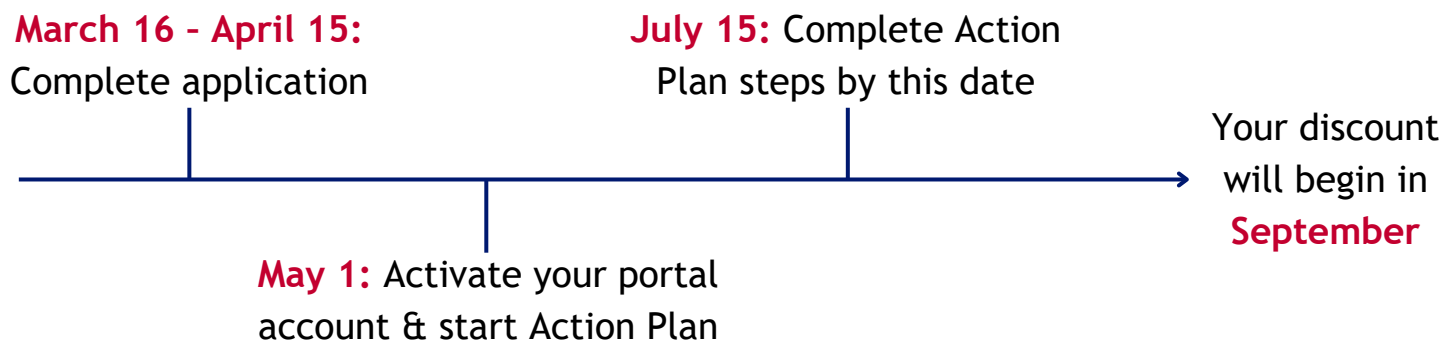
Action 4 - Schedule and Attend a STATE OF HEALTH Skill Group. Schedule your session through the Skill Groups tab in the STATE OF HEALTH portal.

TIMELINE FOR THE ACTION PLAN AND EARNING YOUR DISCOUNT:

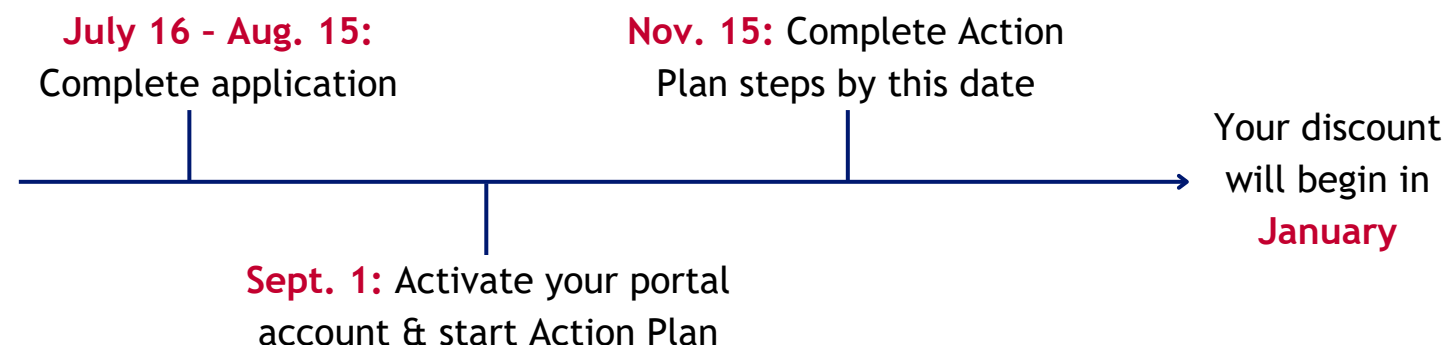
January enrollment cycle:



May enrollment cycle:



September enrollment cycle:



Please note that there is not a separate line item on your paycheck for the premium discount. If you were not previously receiving the discount, your health insurance premium will be \$20 less than the previous month (for monthly payroll). Health insurance premiums for bi-weekly paychecks will be \$10 less than the previous paycheck.