

# 2019 Healthy Hound Program Guide



Get a handle on your health now, and save up to \$600 in medical plan premiums next year.

## About the Healthy Hound Program

The ATU Local 1700 wants Greyhound workers to live a long and happy, healthy life. But with all of life's demands, it's hard to find the time we need to take care of ourselves. The Healthy Hound program is designed to help all of us focus on our health.

### Join the Program Today!

With Healthy Hound, it is easy to save \$300 (\$600 if your spouse is enrolled) from your medical plan premium next year just for getting a wellness exam or enrolling in a program to get healthier. Here's all you need to do:

- **Read about the five Healthy Activities** starting on page 3,
- **Pick one Healthy Activity** (there's something for everyone—get a wellness exam, health assessment and biometric screening, support for a chronic health condition, lose weight or quit smoking), and
- **You and your enrolled spouse must each complete one Healthy Activity between January 1 and September 30, 2019. That's it!**



### Questions?

- Call or email the Trust Office at 800-288-7766, [greyhound.gliatubenefits@greyhound.com](mailto:greyhound.gliatubenefits@greyhound.com);  
or
- Visit [healthyhounds.info](http://healthyhounds.info) for details on the program, forms you may need, and links to resources. You can also access the site from [atu1700.org](http://atu1700.org).



*"I do my wellness check every year and save \$300. It's very easy. I just go to my doctor and they fill out the forms and send them to Cigna."*



## Healthy Activities

The following pages list the five healthy activities available for you and your enrolled spouse to choose from to save \$300 (or \$600 if your spouse is enrolled) from your medical plan premium next year. There's something for everyone—whether you want to get a wellness exam, health assessment and biometric screening, get support for a chronic health condition, lose weight or quit smoking.

### 1. Get a preventive wellness exam or test.

Find out your health status and catch any health concerns early with preventive care.

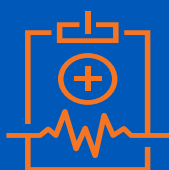
#### What you need to do:

Make and keep an appointment with your provider by September 30, 2019, for just one preventive wellness exam or test, including:

- An annual routine physical exam, or
- A well-woman exam, or
- A preventive care test (mammogram, pap test, PSA test), or
- A colonoscopy for participants age 50 and older.

#### Note:

- DOT physicals and sick visits to the doctor do not count toward satisfying this Healthy Activity.
- No paperwork is necessary if you use a Cigna PPO provider.
- ATU members may use a non-participating provider such as the VA or a mobile health screening service by bringing a PB-1 form to the appointment for the provider to complete. Forms must be submitted to the Trust Office. Call the Trust Office or visit [healthyhounds.info](http://healthyhounds.info) for a PB-1 form.
- A biometric screening can be part of an annual wellness exam, but alone does not meet the full requirements of this Healthy Activity.



When you visit a Cigna network provider, preventive care is covered at 100% with no deductible under both the Preferred Plan and the Value Plan.



## 2. Complete a biometric screening and online health assessment.

Please note that this Healthy Activity has two parts.

### What you need to do:

#### Part 1: Get your biometric screening.

You can get your biometric screening by going to a Cigna network provider that uses Quest or Lab Corp, or, if your provider uses a different lab, bring a Cigna wellness screening form with you to the appointment.

You can also go directly to a Quest Diagnostics Patient Service center for your biometric screening, which you can schedule at [my.questforhealth.com](https://my.questforhealth.com) (registration key “Greyhound2019”) or by calling [877-304-7055](tel:877-304-7055).

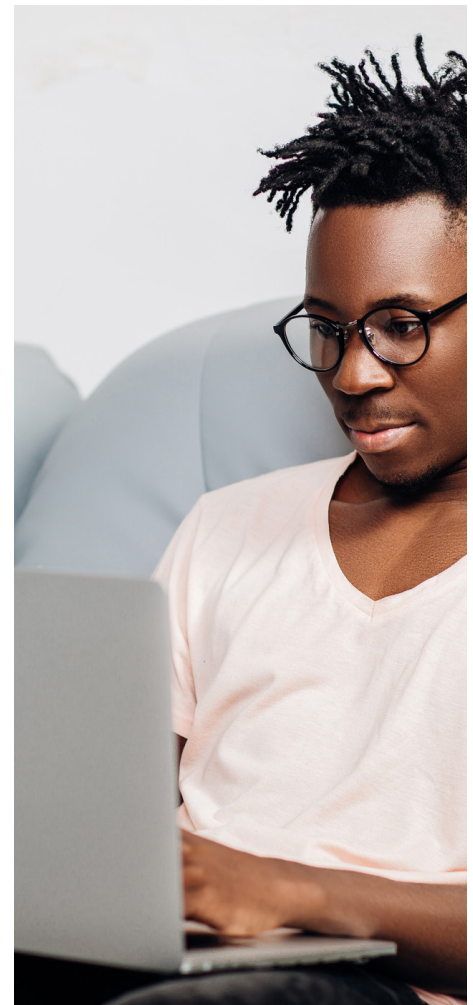
For more details about scheduling your biometric screening through Quest, visit [healthyhounds.info](https://healthyhounds.info).

If you get your biometric screening at a non-Quest or non-LabCorp facility you will need to bring a Cigna Wellness Screening form with you for your provider to record your biometric screening results and send to Cigna. You will also need to enter your results in the online health assessment yourself.

#### Part 2: Complete the health assessment.

Once you’ve completed your biometric screening and your results are available, log onto [myCigna.com](https://myCigna.com) and select “Take My Health Assessment.” You’ll generally need about 15 minutes to complete your assessment.

*“Every year, I get a biometric screening to find out if there is anything I should be concerned about. Then I take the health assessment (easy) to avoid the \$300 medical premium surcharge next year.”*



To download and print the Cigna Wellness Screening form, visit [healthyhounds.info](https://healthyhounds.info) and click on “Forms & Documents.”



*“It was nice to have someone to talk to about my health concerns, in addition to my doctor. I felt like my health advocate understood me.”*



*“This program is everything that would be involved in a program like Weight Watchers, but provided through one-on-one sessions with your own personal coach. The program is available in Spanish, too.”*



### **3. Get support for a chronic health condition through “Your Health First.”**

Get a supportive Cigna health advocate to talk to by phone if you have one of these chronic conditions:

- |                 |  |                               |
|-----------------|--|-------------------------------|
| • Asthma        | • Chronic obstructive pulmonary disease (COPD) | • Osteoarthritis              |
| • Diabetes      | • Lower back pain                              | • Peripheral arterial disease |
| • Heart disease | • Mental health disorders                      | • Metabolic syndrome          |

#### **What you need to do:**

A Cigna health advocate will call you to get started if you have a condition that can be improved by the Your Health First program. So, please take the call to improve your health. They may also try to reach you with a letter if they can’t reach you by phone. Or, call **855-246-1873** anytime for more information about the program.

In order to complete this Healthy Activity, you must make progress toward a goal that you and your health coach set, and complete the number of phone calls recommended by your health advocate by September 30, 2019.

### **4. Enroll in Real Weigh to lose weight.**

With Real Weigh, you’ll learn to adopt and maintain healthy lifestyle habits through one-on-one phone sessions with a certified wellness coach.

#### **What you need to do:**

- Complete 12 weekly classes in the Real Weigh program by September 30, 2019. Weekly telephone calls with your coach are scheduled based on your requested date and time.
- Enroll by phone or email anytime. Call **866-630-6733** or email **Lisa.Choate@UltimateHealthMatters.com**.

## 5. Quit tobacco with the Quit for Life program.

This program provides personalized, one-on-one coaching and support tools to help you quit tobacco. It was developed with the American Cancer Society.®

### What you need to do:

- Enroll by phone or online anytime. Call **866-QUIT-4-LIFE (866-784-8454)** or TTY: **877-777-6534** to get started. (Para inscribirse en Español, llame al **866-784-8454** y oprima 2.) A registration specialist will verify eligibility to enroll and transfer you to a Quit Coach®. You can also visit **QuitNow.net** for more information, and to enroll.
- Participate in at least four coaching calls by September 30, 2019. Coaching calls are available 24/7, to suit your schedule. You have unlimited access to Quit Coaches through the toll-free number **866-QUIT-4-LIFE (866-784-8454)**.

### Free nicotine replacement therapy:

- Recommendations on type, dose and duration of nicotine placement therapy from your Quit Coach.
- Free 8-week supply of nicotine replacement therapy (patch or gum), if appropriate, mailed directly to your home.

*"I wouldn't have been able to quit smoking without this program. I feel so much better!"*



**Did you know... ATU members can get the day off with pay and reduce the sick leave waiting period for next year when they get both a wellness exam and a biometric screening?**

To get the day off with pay and the reduced waiting period for sick leave next year, bring a PB-1 form (available on [healthyhounds.info](https://www.healthyhounds.info)) to your appointment for your provider to complete. Then submit the form to the Trust Office. PB-1 forms may only be used by ATU members.



# Questions and Answers

For more Q&As, visit [healthyhounds.info](http://healthyhounds.info).

## Cigna called me to participate in “Your Health First,” but can I do another Healthy Activity instead?

Yes. While participating in Your Health First could help you better manage your chronic condition, you may choose to complete a different Healthy Activity to avoid the \$300 per individual medical premium surcharge.

## What happens if I complete a Healthy Activity but my spouse doesn't?

If you and your spouse are both enrolled in an ATU Health and Welfare Trust medical plan, you each must complete one Healthy Activity to avoid a \$300 surcharge per individual. If only one of you completes an activity, a \$300 surcharge applies. If neither of you complete an activity, a \$600 surcharge applies.

## Does the DOT physical I'm required to get as a driver count toward the wellness exam visit?

No. The goal of this Healthy Activity is to establish a relationship with your physician who is familiar with your health history and can guide you on wellness and preventive care.

## What should I do to make sure my doctor's visit is accepted for the wellness exam visit?

Make sure your provider uses a diagnosis code for wellness or preventive care. If your doctor is a network provider, or he or she files claims with Cigna, there's no paperwork necessary for you.

If your provider does not file claims with Cigna (for example, the VA), you'll need to bring a PB-1 form to the appointment, have your provider complete it, and then you must submit it to the Trust Office.

Note that spouses must use a Cigna provider for this activity.

## How do I use Cigna's Motivate Me to verify that my spouse and I have successfully met the requirements and won't be charged the \$300 per individual medical premium surcharge for 2020?

Through Cigna's Motivate Me online tool, you can track the activities you and your spouse complete through Cigna to avoid the \$300 per individual surcharge.

On Motivate Me, each Healthy Activity is considered a point that counts toward avoiding the medical premium surcharge. If you have single coverage through the Plan, you must do one Healthy Activity (or earn one point). If your spouse is enrolled in your health plan with you, you must each do one Healthy Activity (or each earn one point).

Motivate Me is an optional way for you to track the Healthy Activities you have completed through Cigna from January 1 to September 30. It is not required.

Visit [myCigna.com](http://myCigna.com) > click on “Wellness” > look for “Rewards & Programs” and click on “Incentive Awards.”

There will be two tabs: “Overview” and “Goals.”

Click “Goals” to view a list of eligible activities, and to check and track your completed Healthy Activity.

For more information or help setting up your account, visit [myCigna.com](http://myCigna.com) or call the customer service number on the back of your Cigna ID card.

Call the Trust Office at **800-288-7766** to verify completion of the Quit for Life or Real Weigh programs.

Employees should also call the Trust Office to verify that a PB-1 form from a provider that does not submit claims to Cigna was received.

*Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all eligible employees of Greyhound Lines, Inc. who are covered by the collective bargaining agreement.*





# Important Legal Notices

## HIPAA Nondiscrimination Notice of Availability of Reasonable Alternative:

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all eligible employees of Greyhound Lines, Inc. who are covered by the collective bargaining agreement between Greyhound and the Amalgamated Transit Union National Local 1700 (ATU). If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the Trust Office at [800-288-7766](tel:800-288-7766) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

## Americans with Disabilities Act/Equal Employment Opportunity Commission Notice:

### Notice Regarding Wellness Program

The Greyhound/ATU Local 1700 Healthy Hound Program is a voluntary wellness program available to all eligible employees of Greyhound Lines, Inc. who are covered by the collective bargaining agreement between Greyhound and the Amalgamated Transit Union National Local 1700 (ATU). The program is administered by Cigna according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you may choose to complete a voluntary health assessment that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease).

If you complete the health assessment, you will also be asked to complete a biometric screening, which will include a blood test for total cholesterol, HDL cholesterol, LDL cholesterol and fasting blood sugar. You are not required to complete the health assessment or to participate in the blood test or other medical examinations.

**However, employees and their enrolled spouses who choose to participate in the wellness program will avoid a \$300 per individual premium surcharge on their medical premiums in 2020 (to a maximum of \$600). Although you are not required to complete any Healthy Activities, only employees (and enrolled spouses) who do so will avoid the premium surcharge.**

The information from your health assessment and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program. You also are encouraged to share your results or concerns with your own doctor.

## Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Greyhound may use aggregate information it collects to design a program based on identified health risks in the workplace, the Healthy Hound Program will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive/avoiding a surcharge. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The personally identifiable health information that Cigna and/or the Trust Office receive will only be used in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate. If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact the Trust Office at [800-288-7766](tel:800-288-7766).

# Healthy Resources for You

## Trust Office

Call the Trust Office if you have questions about Healthy Hound at **800-288-7766**, or email [greyhound.gliatubenefits@greyhound.com](mailto:greyhound.gliatubenefits@greyhound.com).

The Trust Office address is:

Greyhound/ATU Health & Welfare Trust  
350 N. St. Paul Street  
Dallas, TX 75201

## Cigna's Motivate Me

Through Cigna's Motivate Me online tool, you can track the activities you and your spouse complete through Cigna to avoid the \$300 per individual surcharge. See the Q&As on page 6 for details.

## Cigna One Guide

Your medical plan gives you access to a Cigna representative, who will provide personalized, useful guidance and can help you:

- Resolve a healthcare issue
- Answer questions about the Healthy Hound program
- Get the most out of your plan
- Find the right hospitals and other healthcare providers in your plan's network
- Get cost estimates and avoid surprise expenses
- Understand your medical bills.

Contact Cigna at **855-246-1873** or download the Cigna app.

Visit [healthyhounds.info](https://healthyhounds.info) for details on the program, forms you may need, links to resources, and more.

