

# NEW for 2021

## NALC Health Benefit Plan Wellness Incentive Program for High Option Members

Beginning January 1, 2021, you and your eligible family members age 18 and older can earn valuable health savings rewards by participating in several wellness incentive programs. Very soon, each eligible member on your policy will receive a debit card from TASC. After completion of one or more of the wellness programs, screenings, or preventive services listed below, the corresponding monetary reward will be loaded to your card. The money you earn can be used on eligible medical expenses not covered by your insurance plan. Eligible expenses are defined by Section 213 (d) of the Internal Revenue Code. A description of each activity can be found in our 2021 Plan brochure or on our website.



**Your Health First Disease Management Program - \$50**

**Healthy Pregnancies, Healthy Babies® - \$50**

**Quit for Life® Tobacco Cessation Program - \$50**

**Annual biometric screening - \$50**

**Health Assessment - \$30**

**Annual influenza vaccine - \$10**

**Annual pneumococcal vaccine - \$10**



## Frequently Asked Questions about our Wellness Incentives

### 1. How long does it take after completing an activity before the money is available for use on my TASC debit card?

A: It may take up to two weeks after the wellness activity is completed before the reward amount is loaded to your card. For the biometric screening, pneumococcal vaccine, and the flu vaccine, the Plan must receive a bill or statement verifying that you had the services.

### 2. Will I get a new card each year?

A: No. Please keep the TASC card you receive for future use while you are enrolled in one of the NALC Health Benefit Plans.



### 3. Can I keep the money if I am no longer a NALC Health Benefit Plan member?

A: Any monetary rewards you earn while a member of the NALC Health Benefit Plan are available for use up to 30 days after disenrollment.

### 4. Can I participate if I have Medicare?

A: Yes. All members age 18 and older are eligible to participate in the incentive programs, whether or not they are Medicare primary. Keep in mind that the Plan must receive a statement or bill showing you received a biometric screening, pneumococcal vaccine or a flu vaccine. These services are often paid at 100% by Medicare and no bill is sent to the Plan.

### 5. What types of items can be purchased with my health savings dollars?

A: Like a flexible spending account or FSA, funds can be used to purchase medical items or services not covered by your health insurance. Examples include dental treatment, eye glasses, and over the counter medication. The complete list can be found on our website.

### 6. Can I earn more than one reward?

A: You can earn health savings rewards for all wellness incentives that you qualify for. You may not qualify for all programs. However, you are only eligible to receive one (1) reward amount per person, per program or wellness activity, per calendar year.

### 7. How can I check the balance of available funds on my card?

A: You can contact TASC by phone at 800-422-4661 or visit their website, [www.tasconline.com](http://www.tasconline.com).

### 8. Where can I get additional information on the wellness programs and incentives?

A: You can visit the NALC Health Benefit Plan website at [www.nalchbp.org](http://www.nalchbp.org) where you will find links to our Wellness Incentives page and the list of eligible medical expenses. You may also call our Customer Service Department at 888-636-6252, M-F 8:00 AM to 3:30 PM EST.