

A photograph of a man and a young girl with curly hair laughing together on a wooden floor. The man is wearing a blue t-shirt and the girl is wearing a light blue t-shirt and jeans. They are both smiling broadly and looking at each other.

BLACK & VEATCH Family of Companies

WELLNESS PROGRAM

CALENDAR OF EVENTS

Wellness Evaluation

11 February — 30 November

Burst Your Thirst Hydration Challenge

13 May — 9 June

Fall Into Fitness Walking Challenge

16 September — 13 October

Health Coaching

Sessions available through 30 November

live well. be well.

2019 PROGRAM OVERVIEW

- You will receive a discount on your 2020 U.S. domestic medical premiums for completing the Wellness Evaluation.
- You must complete the Wellness Evaluation in order to participate in other activities and earn incentives.
- Spouses/domestic partners must provide consent to participate in the program.
- You will be rewarded 300 points when you meet healthy ranges on your Wellness Screening. Are your results outside the healthy range? Don't worry — you can earn the 300 points by completing the Reasonable Alternative Curriculum.
- You will be rewarded up to 100 points for completing other wellness activities.
- Expecting a new family member? You or your spouse/domestic partner can earn points by participating in the Cerner Maternity Program.

CREATE AN ACCOUNT

- STEP 1:** Go to PrimaryHealthNetwork.com.
- STEP 2:** Select [Click here to sign up](#) to create your confidential personal health account.
- STEP 3:** Answer all registration questions and use the following Member Number criteria:

Black & Veatch Professionals

Enter BV + six-digit B&V ID Number (leading with zeroes if necessary) +01. (BV00123401).

Spouses/Domestic Partner

(enrolled in a Black & Veatch medical plan):
Enter BV + six-digit B&V ID Number (leading with zeroes if necessary) +02. (BV00123402).

If you already have an account, log in with your username and password.

INCENTIVES

Activity	Points Awarded
Be Aware (<i>must complete all</i>) <ul style="list-style-type: none">• Personal Health Assessment• Wellness Screening• Physician Matching	All three steps required to unlock your 2019 incentives.
Outcomes <ul style="list-style-type: none">• Blood Pressure (less than 120/80 mmHG)• Waist Circumference (Men less than 40 inches; women less than 35)• Glucose (fasting 70 - 99 mg/dl or random 80 - 139 mg/dl)	300 points max (100/each**)
Be Focused (<i>can complete any</i>) <ul style="list-style-type: none">• Burst Your Thirst Hydration Challenge• Fall Into Fitness Walking Challenge	50 points max (25/each)
Be Proactive (<i>can complete any</i>) <ul style="list-style-type: none">• Medical, dental and vision preventive exams. See approved list on Primary Health Network site.	50 points max (10/each)
Be Engaged (<i>can complete any</i>) 25 Points Each <ul style="list-style-type: none">• Meet with a Cerner Health Coach (75 points max)• Cerner Maternity Program Satisfaction Survey• Wellness Workshops	100 points max

* 1 point = \$1 toward your HSA or paycheck
Participants can earn up to \$400 toward their Health Savings Account (HSA) or \$400 toward their paycheck if they are non-HSA participants.

**You can receive points for each Wellness Screening outcome that is not in the healthy range by completing the Reasonable Alternative Curriculum. Visit PrimaryHealthNetwork.com for more information.

QUESTIONS?

Please contact Consumer Support
Support@PrimaryHealthNetwork.com
or +1 800-832-3020

Visit PrimaryHealthNetwork.com for more information.

BLACK & VEATCH Family of Companies

Atonix Digital | Black & Veatch | BVCI | Diode Ventures | Overland Contracting Inc.