



The 2018 Balls Food Stores Start Now Wellness Program

START
สตาร์ท
on your journey to better health
balls food stores

Dear Teammate,

At Balls Food Stores, we care about your well-being, which is why we were recognized in 2014 as one of Kansas City's "Healthiest Employers." As part of our healthy initiatives, we offer the Start Now on your Journey to Better Health Wellness Program. Start Now offers you and your covered spouse (if applicable) a variety of programs to help you get and stay healthy throughout the year. You'll find all the details in this brochure.

Participation in Start Now to earn a 2019 health insurance premium discount is voluntary. If you wish to earn the incentive, all requirements must be completed by **June 30, 2018** in order to receive discounts in 2019.

New for 2018 is that teammates and spouses can earn each incentive (tobacco-free and Start Now) separately from each other.

I'm thrilled that we continue to offer the Start Now Wellness Program, so don't wait to get started on your steps!

To your health,
David F. Ball
President and CEO

Start Now Quick Start Guide

To earn cost-saving incentives in 2019, you and your covered spouse (if applicable) need to complete the following requirements by **June 30, 2018:**

1. Complete the **KYN Questionnaire**
2. Complete a 2018 **KYRKYN biometrics screening**
3. Participate in any Start Now **health improvement programs**, if eligible.
Programs include Diabetes Care and Cardiovascular Care.

The next paragraphs provide more details about each requirement, so keep reading!

1. Complete an Annual KYN (Know Your Numbers) Questionnaire

You may complete your KYN Questionnaire (formerly call Health Risk Assessment) through Orthus Health either online at www.MyPathwaytoHealth.com or by calling 1-800-550-2427 option #4. The KYN is a wellness questionnaire. The information is combined with your KYRKYN screening results to provide you with a KYN Risk Score and Report. Your report will give you an overview of your current health and helps you determine future steps to get and stay healthy.



2. Complete a 2018 KYRKYN (Know Your Risks, Know Your Numbers) Biometrics Screening

Your biometrics screening results give you a snapshot of important health-related numbers. These include blood pressure, pulse, blood sugar, total cholesterol, HDL and LDL (good and bad cholesterol), triglycerides, body mass index and waist circumference.

Note: *You will need to fast (except for water) for 12 hours before your appointment to get the most accurate results. It is okay to take most medications when fasting. Ask your doctor or pharmacist if you are not sure about your specific medication.*

Option #1 - Attend a scheduled screening event at a Balls Food Stores location between March 2018 and June 2018. Dates, locations and times of screening events are included with this mailing, will be posted at each store and can be found at www.ballsfood.com on the Start Now Wellness Program page. *If you attend an on-site screening event, your results will automatically be submitted to Orthus Health.*

Option #2 - Visit your Primary Care Provider* between January 1 and June 30, 2018. Provide a KYRKYN biometric screening form for your provider to complete. **Have provider fax results to the Start Now Program: (913) 551-8504. Deadline to submit is June 30, 2018.**

*The Balls Food Stores medical benefits will cover an annual physical once each calendar year. The health plan does not require you to wait 365 days between physicals. For example, the medical plan will cover an annual physical in December 2017 and May of 2018. The plan will not cover two annual physicals in 2018.

3. Participate in a Health Improvement Program (if eligible)

Start Now Diabetes Care

A program for people on the Balls Foods health plan living with Type 1 or 2 diabetes. Learn how to better manage diabetes and lower the risk of developing diabetes-related complications. As part of this program, you'll meet with a pharmacist coach regularly, in addition to regular visits with other members of your healthcare team, including your physician and/or diabetes specialist. Visits with a Start Now pharmacist coach are available at many Balls Food Stores locations. For participating, you will have access to these benefits from a Balls Food Stores pharmacy:

- FREE generic diabetes medication (30-day supply at a time) and select blood sugar meters and test strips
- 50% off brand-name diabetes medication copays (30-day supply at a time), medication administration supplies, and lancets.

Start Now Cardiovascular Care

A program for teammates and spouses on the Balls Food health plan with uncontrolled high blood pressure, high cholesterol or other forms of heart disease. You'll learn how to better manage your condition and lower your risk of a heart attack or stroke. As part of this program, you'll meet with a pharmacist coach regularly, in addition to regular visits with other members of your healthcare team, including your physician and/or cardiovascular specialist. Visits with a Start Now pharmacist coach are available at many Balls Food Stores locations. For participating, you will have access to FREE generic cardiovascular medications (30-day supply at a time) from a Balls Food Stores pharmacy.



Earn the “Tobacco-Free” Premium Discount

Balls Foods offers the Tobacco-Free premium discount for teammates and spouses who are covered by the Balls Foods Health Plan. To qualify for the discount, teammates and spouses must complete the Tobacco Use Statement AND be completely tobacco-free for at least 90 days. ***You may submit your Tobacco Use Statement either online at www.MyPathwaytoHealth.com or by calling Orthus Health at 1-800-550-2427 option #4 by June 30, 2018.***

If you are currently using tobacco, a Tobacco Cessation Program is available to help you become tobacco-free in time to get the discount.

Participants may receive these benefits at any Balls Foods Stores pharmacy for 12 weeks while participating in the program:

- FREE nicotine replacement products
 - Gum, lozenge and/or patch
- FREE Bupropion SR
- Chantix for a \$25 co-pay per month (discounted from \$50)



For details and to be referred to the tobacco cessation program, please contact the **Start Now Hotline: (913) 321-3663 ext. 3444.**

For more information about the **2018 Balls Food Stores Start Now Wellness Program** requirements or your health plan, call **Orthus Health** at **1-800-550-2427 option #4** or visit www.MyPathwaytoHealth.com.

Program requirements to earn the 2019 premium discount and other cost-saving benefits are subject to change. Additional communications will follow in the event of such changes.

Rewards for participating in the Start Now Programs and the tobacco-free discount program are available to all eligible teammates. If you are unable to meet a standard for the incentive under this program, you might qualify for an opportunity to earn the same incentive by different means. To be considered for a different means of earning select incentives you must contact the Ball's Foods Start Now Hotline at 913-321-3663 ext 3444 by 2/28/2018. We will work with you (and, if you wish, with your doctor) to find an alternative with the same incentive that is right for you in light of your health status.