



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 the well-being of our teammates and customers, which is why our pharmacies and wellness teams were recognized in 2018 with the American Pharmacists Association Foundation's Pinnacle Award. 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 2020 health insurance premium discount is voluntary. If you wish to earn the incentive, all requirements must be completed by **July 31, 2019** in order to receive discounts in 2020.

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

New to our benefits plan? To earn cost-saving incentives for the **remainder of 2019 and all of 2020**, you and your covered spouse (if applicable) need to complete the following requirements within **60 days of starting on the insurance!**

Already on our benefits plan? Teammates and spouses can earn cost-saving incentives in 2020 – it is necessary to complete the following requirements by **July 31, 2019:**

1. Complete the **KYN Questionnaire**
2. Complete a 2019 **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 called 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. A health coach from Orthus Health will then call you to review your current health and help you determine future steps to get and stay healthy.



2. Complete a 2019 KYRKYN (Know Your Risks, Know Your Numbers) Biometrics Screening

Your biometrics screening results are 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 8-12 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 FREE scheduled screening event at a Balls Food Stores location between March 2019 and June 2019. You can find dates, locations and times of screening events the following places:

- 1) Posted at each store 2 weeks before the event
- 2) The Start Now Wellness Program page

<http://www.ballsfoods.com/benefits/#start-now>

If you attend a screening event, your results will automatically be submitted to Orthus Health.

Option #2 - Visit your Primary Care Provider (family doctor) between January 1 and July 31, 2019. 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 July 31, 2019.**

Did You Know??

You don't need to wait a year between physicals! 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 2018 and May of 2019. The plan will not cover two annual physicals in 2019.

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. You will learn how to better manage diabetes and lower your 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, such as 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 a 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 will be asked to submit your Tobacco Use Statement every year during Open Enrollment. You may also complete this step at www.MyPathwaytoHealth.com or by calling Orthus Health at 1-800-550-2427 option #4 by July 31, 2019.**

If you are currently using tobacco, the Tobacco Cessation Program is available to help you become tobacco-free in time to get the discount. Please contact the **Start Now Hotline: (913) 321-3663 ext. 3444.**

To complete the program, complete six phone calls with an Orthus Health coach over six to eight weeks. While participating in this program, you are eligible for pharmacy discounts to cover 12 weeks of medication therapy to help you quit. To get this discount, it is necessary to get a prescription filled at any Balls Foods Stores pharmacy. If you don't have an established physician, you may get a prescription by calling a Teladoc physician at no cost.

- FREE nicotine replacement products: gum, lozenge and/or patch
- FREE Bupropion SR
- Chantix for a \$30 co-pay per month (discounted from \$60)



Other wellness services available to keep you healthy and safe!

- Transitions of Care Medication Review
 - If you or someone on your insurance has a stay in the hospital that is 2 days or longer, they will be contacted by a Start Now pharmacist for an in person or over the phone medication review after discharge. Many medication errors can happen after a hospitalization, so make sure it doesn't happen to you!
- Complete Medication Review
 - If you or someone on your insurance takes 5 or more medications on a regular basis, they will be contacted by a Start Now pharmacist. Our team wants to help you make sure that you are taking the right medications at the right time to best treat your specific conditions!

Did You Know??

- Preventative vaccines are covered for **no copay** at Balls Food Store's pharmacies! Protect yourself and your family from flu, pneumonia, shingles, hepatitis B, and more in minutes by stopping by your Balls Food pharmacy.
- Most cancer preventatives screenings such as mammograms, colonoscopies, and PAP smears are covered for no copay at your doctor's office! See the 2019 Benefits Guide at www.ballsfoods.com/benefits for more information!

For more information about the **2019 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 2020 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 2/28/2019. 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.