

Healthy Decisions Wellness 2017

New Hire Process



Thank you for enrolling in the 2017 Healthy Decisions Wellness Program! In addition to receiving a \$30-biweekly discount on your medical premium, you are also committing to take an active role in your overall health.

The Healthy Decisions Wellness program is designed to reward you for the great work you are already doing to maintain and improve your overall health, while providing support and offering assistance when needed. *We are here as your advocates for health!*

Please review all the Healthy Decisions Program information carefully. Please note:

- ❖ If you or your spouse/partner are **NEW** to the Healthy Decisions Wellness Program, you must complete the following steps to become enrolled:
 - Employees enrolling in Healthy Decisions must call the Healthy Decisions office at 786-1699 to complete an intake for enrollment within 30 days of hire.
 - Spouse/domestic partners enrolled on the employee's medical plan must also call the Healthy Decisions office at 786-1699 to complete an intake for enrollment within 30 days of hire.
 - Please note the call will take 15-20 minutes so please plan accordingly.

- ❖ If anyone on your health plan is currently using tobacco, you will be eligible to receive a \$25.00 premium reduction for enrollment and completion in our tobacco cessation program. Please inquire about this program during your Healthy Decisions intake phone call. Program initiation is required within the first 3 months employment, to be eligible for this benefit. To enroll contact Healthy Decisions at 786-1699 or [healthy_wellness @cmhc.org](mailto:healthy_wellness@cmhc.org)