



Welcome to MedStar MyHealth

As the region's largest healthcare provider, MedStar Health plays a significant role in the well-being of the communities we serve. To deliver the best possible care, it is vital that MedStar continues to evolve the way we deliver care. That responsibility includes ensuring that, as members of our communities, you and your families receive the highest level of quality care focused on health and wellness.

An important way that MedStar demonstrates this commitment is by providing you and your families with comprehensive, competitive health coverage as part of MedStar Total Rewards. For the past three years, MedStar has not passed any increased health premiums on to you. MedStar continually reviews benefits to provide you with the best care at the most affordable price; however, because of the changing healthcare and economic climate, MedStar is unable to hold health premiums flat for 2013.

To better manage increasing healthcare costs and to not pass all of those costs on to you, MedStar is taking an integrated approach to our healthcare benefit programs. This new approach includes a heightened focus on developing a MedStar network, an emphasis on wellness and a more coordinated program for care management.

Starting now and for calendar year 2013, this new approach will be available to you through additional benefit offerings. New wellness resources through MedStar MyHealth are available to motivate you and your family to live healthier lives. The program also allows you to choose the best healthcare plan for you and your family, while providing tools, education and resources to help you improve your health and well-being.

Your new benefit offerings include:

- **MedStar MyHealth OnLine, www.MedStarMyHealth.org**, your comprehensive resource to health and wellness—including a MyHealth Questionnaire with personalized results, health trackers and tools to help you achieve your goals, and expert health information. MyHealth OnLine is available in October. Soon, you will receive a personalized wellness ID card in the mail at your home with login instructions. If you are currently enrolled in a CareFirst plan through MedStar Health, your spouse/same-sex domestic partner and dependents over 18 will also receive a wellness ID card. Look inside this packet, under *Be the Best You Can Be*, for more information on wellness at MedStar Health.
- **MyHealth Questionnaire**, an online health assessment that provides you with a snapshot of your overall wellness, complete with personalized results and interactive tools. Completing a MyHealth Questionnaire earns you a \$30 monthly savings on your medical premiums for 2013, if you elect the MedStar Select or CareFirst plans. The questionnaire is confidential—no one at MedStar will see your results—and is available on www.MedStarMyHealth.org in October. Learn more about the benefit of taking the MyHealth Questionnaire, and how to save on your medical premium inside this packet.
- **Health coaching**, through Coach on Call, a personalized support resource to help you achieve your health goals. Coach on Call is currently available to CareFirst members. In 2013, Coach on Call will be available to both MedStar Select and CareFirst members. More information will be available on MyHealth OnLine.
- **MedStar Select Plan**, a new medical plan option will be available featuring the MedStar network—MedStar Select Provider Network—providing world-class health care at a lower cost. See inside this packet for a comparison of 2013 medical plan options, including the MedStar Select and CareFirst plans, available during 2013 Annual Enrollment.

In the coming weeks, a 2013 Annual Enrollment packet will be mailed to your home with more information on benefit coverage for medical, dental, vision, flexible spending accounts, supplemental life, supplemental accidental death and dismemberment, legal, and dependent life. To receive benefits for 2013, benefits-eligible associates must enroll online starting Oct. 29 through Nov. 18.

To emphasize wellness and help associates live healthier and more productive lives, MedStar Health is offering you a foundation of health and wellness resources. Look inside this packet for more information about your MedStar Total Rewards and MyHealth benefits and services.



MedStar Health



Getting a Head Start on Great Health



MedStar Health

Take Charge of Your Wellness at MyHealth OnLine

MedStar MyHealth OnLine—www.MedStarMyHealth.org—is your comprehensive resource to health and wellness. Starting in October, visit MyHealth OnLine to take a MyHealth Questionnaire with personalized results, use health trackers and tools to help you achieve your wellness goals, and review expert health information.

This confidential website brings together new wellness resources with personalized and interactive tools to help you understand and improve your overall wellness.

MyHealth OnLine Access Starts in October

To access MyHealth OnLine—www.MedStarMyHealth.org—you will need your personalized wellness ID card coming in the mail to your home. If you enrolled your family in a CareFirst medical plan for the 2012 calendar year, your spouse/same-sex domestic partner and dependents over the age of 18 will also receive wellness ID cards in the mail at your home. Once you have your wellness ID card, you can begin accessing MyHealth OnLine.

Be the Best You Can Be

Your journey to great health starts with MedStar MyHealth OnLine, www.MedStarMyHealth.org.

The MyHealth suite of wellness services and programs are designed to empower you with the information, tools and support you and your family need to take charge of your health. The tools found on MyHealth OnLine help associates address a wide spectrum of needs across the health continuum. MyHealth OnLine features:



MyHealth Questionnaire

Complete the MyHealth Questionnaire to gain valuable information for managing your health. You will receive a personalized report with recommendations and tips to preserve and improve your health and well-being. Taking the MyHealth Questionnaire also saves you \$30 a month on your 2013 medical premiums when you enroll in the MedStar Select or CareFirst plans during the 2013 Annual Enrollment period.



MyCommunity

MyCommunity offers discounts for community activities, including gym memberships, yoga classes, dance lessons, and massage services.



Health Coaching

Work with a health coach—Coach on Call—to help you set and achieve your health goals. This service is available starting in October, to associates and families currently enrolled in the 2012 CareFirst plans. In 2013, Coach on Call will be available to MedStar Select and CareFirst plan members. Coach on Call offers advice on a variety of topics including achieving a healthy weight, stress management, nutrition, and fitness. To speak with a Coach on Call, call 855.242.4874, Monday through Friday, from 7 a.m. to 7 p.m. and Saturday, from 8 a.m. to 3 p.m.



MyActivity Tracker

Use the MyActivity Tracker as an easy method to log your daily fitness and activity.



Health and Wellness Resources

Explore expert information from WebMD, one of the most trusted online names in health and wellness.



Set Goals

Visit the Set My Goals section of MyHealth OnLine to start tracking goals and review recommendations for how to successfully lose weight, eat healthy, reduce stress, quit smoking, and/or exercise more.



Medical History

Use the medical history tab to save information about your personal medical history.

MedStar Health wellness activities, including MyHealth OnLine, are available at no cost to you as part of the MedStar Total Rewards program. Participation in wellness activities and resources is optional. You can participate in ways that are convenient to you—in person at local wellness events, the MyHealth Questionnaire, online expert resources, and/or telephone support via a Coach on Call.

A Healthier You

Learn more about your health by taking the MyHealth Questionnaire—it only takes 20 minutes!

MyHealth Questionnaire

MyHealth Questionnaire is your personal health assessment, providing you with a snapshot of your overall wellness, complete with personalized results. Upon completing your questionnaire, tools are available to help you determine what healthy steps you can take to improve your health and wellness. Participation in the MyHealth Questionnaire is optional.

Lower Your Costs

Take the MyHealth Questionnaire between Oct. 1 and Dec. 15, to save \$30 a month—equaling a \$360 yearly savings—on your 2013 medical premiums. To earn a savings on your 2013 premiums, you must enroll in the MedStar Select or CareFirst plans during the 2013 Annual Enrollment period. Annual Enrollment is Oct. 29 through Nov. 18. Complete your MyHealth Questionnaire by Oct. 12, to view your medical plan cost savings online during Annual Enrollment.

Preparing for Your MyHealth Questionnaire

The MyHealth Questionnaire asks about your daily lifestyle habits, including nutrition, physical activity, stress, tobacco use, personal safety, as well as medical history, preventive screenings, any current health conditions, and results from recent medical tests. The questions help summarize your overall wellness and determine if any lifestyle habits or factors are creating health risks. If you can, gather results from recent lab tests and/or doctor appointments to be prepared for the questions. It is also helpful to check the dates of your latest preventive screenings.

There is no right or wrong answer to a question on your MyHealth Questionnaire. Try to answer each question to

the best of your knowledge so you get the most accurate results. If you are unable to complete a question, you may select "I don't know." You also have the option to retake the questionnaire if your information changes, or you have an answer to a question that you did not previously know.

Your Health, Your Privacy

For confidentiality, MyHealth OnLine, the MyHealth Questionnaire and health coaching is managed by a third-party population health management company, Evolent Health. Your questionnaire responses are confidential and will not have a negative impact on you, your family, your job, or your healthcare costs. MedStar does not see your personal questionnaire results. For associates and their dependents who may be managing multiple chronic or complex conditions, a MyHealth care manager may reach out to you or your dependents to offer support and resources for better management of care. The MyHealth Questionnaire and wellness resources are a no-cost benefit to you, and are optional.

Early Bird Rewards

Associates who complete the MyHealth Questionnaire before Oct. 12, will be able to view their medical premium cost savings when enrolling during Annual Enrollment. These associates are also automatically eligible to win prizes for early participation, including:

- Five iPads
- 60 \$100 Visa gift cards
- 50 \$20 gas gift cards

Winners will be announced on Oct. 8 and Oct. 15, on www.MedStarMyHealth.org. Any associate who takes the MyHealth Questionnaire before Oct. 8, and does not win, is still eligible to win on Oct. 15.

Support For assistance accessing MyHealth OnLine, questions with MyHealth Questionnaire, or your personal wellness ID card, contact the Health and Wellness Service Line at 855.242.4871, Monday through Friday, 7 a.m. to 7 p.m., and Saturday, 8 a.m. to 3 p.m. TTY/TDD users call 855.250.5604.



MedStar Total Rewards
MyHealth Wellness Program

Name
ID number

www.MedStarMyHealth.org

Wellness ID Card

Your personalized wellness ID card is coming in the mail to your home. Use this card to access MedStar MyHealth OnLine.

Get Started on Great Health

- 1 Review this packet for information on the new health and wellness resources available to you.
- 2 Look for your wellness ID card coming in the mail to your home with login instructions.
- 3 Starting in October, visit MedStar MyHealth OnLine—www.MedStarMyHealth.org.
- 4 Take the MyHealth Questionnaire available on MyHealth OnLine and save on your 2013 medical premiums.
- 5 Check out the MedStar Select Provider Network on MyHealth OnLine to find out which providers are participating. This is just one way to find out if the MedStar Select Plan is the right choice for you and your family in 2013. For your convenience, medical plan details and comparisons are included in this packet.
- 6 Visit MyHealth OnLine frequently to help you achieve your health and wellness goals.



MedStar Health