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How to complete your biometric Wellness Screening Deadline: November 20, 2020 to change your Path for 2021 Simplified Wellness Program (participants living in AZ & OH)

A Wellness Screening is a biometric health check that measures your blood pressure, body mass index (BMI), blood sugar, cholesterol and triglycerides. These numbers are indicators of your overall health.

For this year, you will need to complete **only** the online Wellness Assessment — and not the Wellness Screening also — to save \$500 on 2021 medical payroll contributions and earn \$100 in your 2021 Medical Reimbursement Account (MRA). Your covered spouse/domestic partner will also need to complete **only** the Wellness Assessment for you to save an additional \$500 on 2021 medical payroll contributions and earn an additional \$50 in your 2021 Medical Payroll Contributions and earn an additional \$50 in your 2021 MRA.

While Wellness Screening are removed from this year's Initial Wellness Activities, please keep in mind that annual preventive care services, such as routine physical exams and recommended screenings, remain important to your health and are covered 100% by the JPMC Medical Plan (<u>subject to age and frequency limits</u>). If you choose to complete a Wellness Screening, you'll have the opportunity to get one through the JPMC Wellness Program.

Changes to the Simplified Wellness Program for 2021

Throughout the year, you'll continue to be rewarded for the healthy actions you take along your assigned Wellness Incentive Path (A or B) each month.

Because Wellness Screenings — used to determine your Wellness Incentive Path — are not part of the Initial Wellness Activities this year, **you'll stay on your current path for 2021**.

If you are not currently on a Path because you didn't complete a Wellness Screening in 2019 or 2020 (or are newly-eligible for benefits), you'll be assigned to follow Path A (Activity Tracking) in 2021. Along Path A, the goal is to complete an activity guideline at least 20 days each month to earn the monthly incentive of \$45.

The path assigned to you as of Jan. 1, 2021 will stay in effect for the remainder of the calendar year.

Watch for a few additional changes being implemented to the 2021 MRA Action Plan to be announced during Annual Benefits Enrollment in October.

If you are defaulted to Path A but would prefer to follow Path B, you can complete a Wellness Screening by Nov. 20, 2020 (11:59pm ET) to see if you qualify based on your biometric outcomes. Along Path B, the goal is to actively participate in health coaching to earn the monthly incentive of \$45.

Ready to take the Wellness Screening?

- Employees: Go to My Health > Schedule a Wellness Screening to access the Wellness Screening Portal
- **Covered spouses/domestic partners**: Go to <u>https://my.questforhealth.com</u> (you can also go through **My Health** (https://myhealth.jpmorganchase.com) > Access the Screening Portal. Either way, once you've linked

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to the Portal, you will be asked you to create your own account using registration key "JPMC," your Social Security Number (SSN) or Individual Tax Identification Number (ITIN) (Note: If you don't have either, use the JPMC employee's SSN.) Select "Non-Employee."

Note: The first time you access the Portal (by Quest Diagnostics), you'll be asked to accept the Terms and Conditions and verify/complete information, including your email and phone number.

Use the <u>Wellness Screening Portal</u> on My Health for these Wellness Screening options:

- **Doctor's office** Make an appointment to visit your doctor for a routine physical exam. Then, using the Portal, download and print* a Physician Wellness Screening form and take it with you. Have your doctor complete ALL biometric fields, the date of service and sign the form. Then, submit the completed form via fax or upload it to the Portal.
- Quest Patient Service Center or lab Using the Portal, find the location nearest you and schedule a Wellness Screening.
- **CVS MinuteClinic** Using the Portal, download and print* a CVS MinuteClinic Screening voucher and take it with you to CVS.
- JPMorgan Chase Health & Wellness Center (H&WC) Schedule a Wellness Screening appointment (and flu shot, where available) directly with the H&WC in your location (see this <u>list of site locations and contact</u> <u>information</u>).

*To download and print a form from your home computer, access My Health at <u>https://myhealth.jpmorganchase.com</u>.

Have a question about your Wellness Screening options? Contact the Quest Service Center at 1-888-606-3199.

Important Disclaimers