



Commonwealth of Virginia

101 N. 14th Street, 13th Floor

Richmond, VA 23219



March 21, 2014

Dear COVA Care and COVA HealthAware Plan Participants:

Begin to track your health and save on your monthly premiums at the same time! Don't miss the chance to get a premium reward. Just complete an online health assessment and a biometric screening by the deadline to earn a premium reward beginning July 1, 2014.

It's easy and important. This is about you. Taking these steps gives you a starting point for getting healthier. Plus you can lower your premium. You or your enrolled spouse can save \$17 a month, and if both of you participate, up to \$34 a month!

What do you need to do to earn a premium reward?

Go to www.myactivehealth.com/COVA. Register on the site, complete your online health assessment and arrange for your biometric screening. Be sure to take action by the deadline.

Here are a few reminders about taking these steps:

Online Health Assessment:

- Each employee, retiree, and spouse needs to register separately to complete his or her own assessment.
- Complete and submit the assessment by May 31, 2014.

Biometric Screening:

- You can get credit for a biometric screening in two ways. When you register, complete your health assessment and then print either a:
 - Biometric screening Physician Form to take to your doctor, or
 - LabCorp authorization to take to a LabCorp location that is convenient for you.
- Be sure to follow the instructions on the form or authorization.
- Biometric screening results completed between April 1, 2013, and May 31, 2014 will be accepted.

Already completed either of the actions?

You don't have to do them again. Just be sure the actions have been reported to ActiveHealth. If you're not sure, contact ActiveHealth at 866-938-0349 to check. Remember, to earn a reward you have until May 31, 2014 to submit both the health assessment and the biometric screening.

Not interested?

You have the option not to participate or have access to a personal health record. Simply contact ActiveHealth to "opt out." Just remember that ActiveHealth administers all of the Commonwealth's incentive programs. So if you "opt out," you forfeit the chance to receive any of these program incentives, including premium rewards.

A note about security

Safeguards are in place to ensure that your personal information on the MyActiveHealth portal is not shared with your employer. All data from your health assessment and biometric screening is completely secure. It is available to you and also to your doctor at your request. The ActiveHealth program will use this information to identify possible health issues to help you and your doctors track and improve your health. Participation is voluntary.

If you have any questions about the program, contact ActiveHealth Management at 866-938-0349.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.

©2014 ActiveHealth Management, Inc. All Rights Reserved.