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BRS Wellness Program

Program Overview:

The BRS Wellness program was created to reward BRS/BCBSVT members for engaging in an action plan that will lead to better health. By increasing individual awareness on health topics that individuals can control we believe the wellness program will help promote healthier lifestyles and reduce healthcare costs.

Recognizing that individuals are unique, the program is designed to reward individuals for engaging on a path to better health. Individuals are rewarded with a \$300 BRS Wellness Engagement Bonus for successful completion of the criteria.

How it Works

It is simple.

Individuals that want to participate and earn a \$300 Wellness Engagement Bonus enroll directly with BRS at www.brsvt.com (name, address, company name, email and telephone #). **Pre-registration is required.**

- Individuals will receive an email confirmation from BRS that they are registered
- Individuals should then take it upon themselves to meet the 3 program criteria:
 1. Schedule & complete an Annual Exam
 2. Complete Biometric Screening
 - In all likelihood you can get these figures at your annual exam.
 3. Complete BCBSVT Health Assessment

Results are Personal.

At BRS we don't want to know the results of the tests, we just want to know that you engaged in the process. Individuals load all personal information directly into the health assessment. In order to earn the Wellness Engagement Bonus, individuals print out the cover sheet from the completed health assessment and mail it to BRS with an affidavit of completion.

The Wellness Engagement Bonus is mailed directly to individuals as soon as it is processed.

Eligible Groups & Individuals

- A. This BETA program is eligible to groups of 10+ subscribers for 2012. We hope to be able expand the offering in Q1 to groups smaller than this, and eventually offer it to groups of all sizes in future years.
- B. Only covered employees are eligible (not spouses or family members).

DISCLAIMER: BRS & BCBSVT reserve the right to suspend new individual registrations at any time.

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