



BEWELL BUCKS: INVEST IN YOUR HEALTH WEALTH!



Issue 1: March 2024

Annual physicals and wellness exams: they aren't just for kids!

They are a cornerstone of a thriving lifestyle.

Picture these exams as snapshots of **YOU** as you move through life on your health journey. They will help assess where you are now, identify what's changed (and what's not), and catch health issues earlier, making them easier to address.



DID YOU KNOW?



Last year, *less than half of us* here at ACPS utilized their FREE annual physical? Let's bridge this gap together and empower everyone to make the best of this invaluable benefit!

INTERESTING FACT



HERE'S HOW IT WORKS



Q&A

Have Questions?

Check out our Q&A below. If your question is not answered there, e-mail us at BeWell@k12albemarle.org!



I don't have a doctor. How can I participate?

Not to worry! This is a great opportunity to seek out a healthcare provider. To find a list of active providers in network, log onto www.Anthem.com and search "Find a Provider" to search for a provider that will meet your needs. Need a visual guide? Here's a [quick video](#) to watch for a step-by-step process! Alternately, you can also call Anthem at **1-833-388-1400** to speak with Member Services rep to help you find a provider. Lastly, you can use their [Sydney Health™ app](#) to find a provider or chat with one of their online representatives.

What types of exams are covered in this incentive?

The exams covered include: an annual physical/wellness exam or an annual well-woman exam. Specific CPT/ICD codes for these are:

CPT/HCPC Codes	Billing Code Descriptions
99385-99387	Annual Routine Physical Exam - New Patient
99395-99397	Annual Routine Physical Exam - Established Patient

ICD-10 Codes	
Z0000	Encounter for general adult medical exam
Z0001	Encounter for general adult medical exam
Z10411	Encounter for gynecological exam (routine/general)
Z01419	Encounter for gynecological exam (routine/general)



Q&A (Cont.)

Will the county have my health information if I participate in this incentive?

Your personal health information is legally protected information. By participating in this incentive, the only information captured is whether a physical assessment has been completed and processed through your insurance.

If I receive 2 physicals, like my annual physical exam, and my well-woman exam, am I eligible for two incentives?

No, the incentive is a one-time payment of \$100, even if you have multiple qualifying health care exams within 2024.

Does my doctor need to be in-network to qualify for the Wellness Incentive?

No, you may see any provider that you would like, in or out of network. However, if you see a healthcare provider that is out of network with Anthem, it means that your provider does not have an agreement with our insurance carrier regarding payment rates for services and you may be responsible for more out of pocket costs.

I'm not on the County Health Plan, can I still qualify for the incentive?

Thank you so much for your interest in your well-being! We truly appreciate your enthusiasm. For this initial pilot program, only employees on the County Health plan will be eligible for the incentive this year. However, we're exploring options to include spouses, adult children, and uninsured employees in future years.

Can everyone get an annual wellness exam?

Yes! Everyone can and should! Your support is crucial as we enhance wellness initiatives for our community. Stay tuned for updates as we expand our programs!

My spouse and children are on the County health plan, do they qualify for the incentive?

Similarly, our initial pilot program is only for employees on the County Health Plan, but we hope to expand our reach in 2025!

If I had my wellness exam in December 2023, do I still need to have another exam to qualify?

Yes, all exams need to occur in the calendar year 2024.

If I had my wellness exam in January and February 2024, will I be eligible for the incentive?

Yes! All 2024 annual wellness exams are eligible for this wellness incentive!

I'm a non-exempt employee, will I be paid for my time to get my exam?

As when you schedule other types of medical appointments, accrued sick leave may be used to cover any time missed from work.

How long will it take to receive payment?

Payments will be dispersed quarterly, and are contingent on a few factors, including when you attend your appointment, when your healthcare provider submits the bill to Anthem, when Anthem pays the bill, and when Anthem reports to the County of processed payment. This process may take between 4 to 8 weeks, or longer in some cases. You can log in to your Anthem account on www.Anthem.com or use the **Sydney Health™ app** to check on the status of your claim. Claims received and paid within the time frames below, will likely be dispersed according to the corresponding date of payment.

For example, if you have your Wellness Exam on 4/21/24 & Anthem pays the claim on 5/15/24, you should receive a payment of \$100 (minus taxes) added to your paycheck on 8/30/24, as your visit was processed in the second quarter.

Quarter	Date of Visit	Date of Payment
1	1/1/2024-3/31/2024	5/24/2024
2	4/1/2024-6/30/2024	8/16/2024
3	7/1/2024-9/30/2024	11/8/2024
4	10/1/2024-12/31/2024	2/28/2025

You will receive monthly "BeWell Bucks" Issues via **Compass** for more updates and preventive care educational opportunities, so stay tuned!

Let's make 2024 the year we prioritize our health wealth together!