

PFG's 2021 Wellness Program

In 2021, PFG's wellness program will offer more ways for you to earn wellness contributions to your Health Savings Account (HSA) if you enrolled in the CDHP plan or your Health Reimbursement Account (HRA) if you are enrolled in the HDHP, PPO or Out-of-Area plans. UnitedHealthCare (UHC) will continue to administer the wellness program.

You can earn wellness contributions, by completing the following activities:

Activity ¹	PFG Associate can earn:	Spouse/Domestic Partner can earn:
Biometric Screening <u>or</u> Annual Physical	\$300	\$150
Complete a preventive dental or vision exam, or cancer screening²	\$50 up to a max of \$150	\$50
Complete a Virtual Visit	\$100	
Complete Personal Coaching	\$150	\$100
Complete Real Appeal	\$150	\$100
Register for Rx Savings Solutions	\$50	
Total Wellness Contributions	\$550 Max	\$200 Max

¹ All activities must be completed between January 1 and December 31, 2021.

² Must be covered under PFG's plans, as applicable.

Q: Who is eligible to participate in PFG's Wellness Program?

All PFG associates and their spouses/domestic partners (DP) currently enrolled or planning to enroll in PFG's medical plan for 2021 can participate. Your spouse/DP can participate even if you do not. Enrollment in a PFG medical plan is required to earn wellness contributions.

Q: What is considered an annual physical?

An annual physical typically involves an exam by a doctor along with blood work or other tests. For women, this may also be your annual well-woman exam or a pre-natal exam. This helps your provider and you to determine your overall general well-being and provides you a chance to discuss any additional ongoing pain or symptoms that you're experiencing.

Q: Do I need to submit a form for my annual physical?

No. Since UHC administers this program, they will automatically award you credit for completing your annual physical when they process your wellness claim through the medical plan.

Q: When can I and/or my spouse/DP participate in a biometric screening?

Onsite screenings will be scheduled during 2021. Check with your local HR for dates and times. Otherwise, on or after January 1, 2021, you may participate at a participating Quest lab or by scheduling an annual physical with your provider.

Q: How do my spouse/DP and/or I participate in a biometric screening?

You have **two options** that allow you to participate:

1. **Onsite Biometric Screening** (held in 2021)
2. **Lab Visit Program**

If visiting a local Quest lab, you and your spouse/DP will need to schedule individual appointments by:

- Visit <https://my.questforhealth.com> and log in or create an account if you do not already have one. The Registration Key is PFG2021. Enter the required information, or;
- Call 1-855-623-9355: Monday-Friday – 8 am - 9:30 pm ET & Saturday: 8:30 am - 5 pm ET

Q: Do I or my spouse/DP need to complete both a biometric screening and annual physical?

No. For 2021, you and/or your spouse/DP only need to complete a biometric screening **or** an annual physical.

Q: Do I need to submit a form for preventive dental and vision services?

No. UHC will receive monthly files from PFG's dental and vision carriers and will automatically award you credit once the files are received and processed.

Q: I registered for RX Savings Solutions in 2020. Do I need to register again?

No, if you registered in 2020, you are not eligible for contributions associated with this wellness activity. However, you can still earn your maximum wellness contribution by participating in other programs.

Q: I did not register for RX Savings Solutions during 2020. How do I register for 2021?

On or after January 1, 2021, log on to myrxss.com or download the Rx Savings Solutions mobile app. Complete the information to register for an account. From there you can start reviewing ways to save on medications you or your family take. For more information on RX Savings Solutions, go to my.adp.com, Benefits, Forms and Plan Documents.

Q: What is a Virtual Visit and how to I participate in one?

Instead of having to take time off from work to see a doctor, Virtual Visits can be a convenient option when treating the flu, sinus problems, sore throat, stomachaches and much more. You can chat with a doctor 24/7. By using one of UHC's three providers, Teledoc, Doctor on Demand™, AmWell, you can earn \$100 in wellness contributions. To learn more, log onto www.myuhc.com/virtualvisits or call UHC at 1-877-769-7001. Make sure you have your insurance card on hand when calling.

Q: Do covered associates need to complete the wellness program in order for their spouses/domestic partner to complete the program and earn wellness contributions?

No; covered spouses/domestic partners may complete the wellness program independently and earn wellness contributions that will be deposited into the associate's HRA/HSA, even when associates do not participate, as long as they are covered by a PFG medical plan.

Q: How do associates receive their wellness contributions?

After UHC receives the notification that you have completed a wellness activity, wellness contributions are deposited in HSAs if enrolled in the CDHP, or in HRAs if enrolled in the HDHP or PPO/OOA, in a lump sum. Associates can earn **up to** \$750 if they and their spouse/domestic partners participate. For questions regarding contributions, associates can reach out to UHC at 1-877-769-7001.