

SAVE ON YOUR HEALTH INSURANCE PREMIUM

The LeadWell™ Clinic is here to help! Schedule your no-cost Health Risk Assessment and Biometric Screening today!



How to Save 10% on Your Health Insurance Premium:

Step 1: Complete Your Health Risk Assessment (HRA)

- Go to www.HSHSMedicalGroup.org/WellSource.
- Click the **Health Risk Assessment** link.
- Enter **Your Username**:
 - *Employee*: Use your City of Springfield username.
 - *Spouse*: Use the employee username adding an "s" at the end.
 - Example:
 - Employee username: JSmith
 - Spouse username: JSmiths
- Enter **Your Password**:
 - *Returning Users*: Use your password from a previous registration.
 - *New Users*: Use the password provided by COS HR. You'll be asked to change it when you register.
- Complete the **questionnaire**.

Step 2: Schedule Your Biometric Screening

- Go back to www.HSHSMedicalGroup.org/WellSource and click the link to schedule your screening with a LeadWell Health Coach.
- Alternatively, you can call **217-993-0998** to schedule.

Once you've completed these steps, you'll be on your way to saving 10% on your health insurance premium!

Annual Savings and Contribution Eligibility Requirements

For Insurance Premium Savings

- Complete the Health Risk Assessment (HRA) and the Biometric Screening.
- If a spouse is listed as a dependent on the health plan, they are also required to complete the HRA and Biometric Screening with 60 days.

For \$500 City of Springfield HSA Contribution

- Enroll in the Employee Only HDHP Health Insurance Plan
- Complete the Health Risk Assessment (HRA) and the Biometric Screening.

*If you wish to seek services with your PCP, visit www.HSHSMedicalGroup.org/WellSource and print the Biometric Form PDF. Take the form to your PCP and have them complete it during your visit. Return the completed form to LeadWell Clinic or you can fax it to 217-529-4228.

Important Deadline: HRA and Biometric Screenings must be completed by December 31st each year to continue receiving the insurance premium discount.

Questions?

Please contact Human Resources/ Benefits at 217-789-2446.



HSHS Medical Group

LEADWELL™
CORPORATE HEALTH & WELLNESS PROGRAM

5220 S. 6th St. Frontage Rd.
Suite 1400 (within Hope Pavilion)
Springfield, IL 62703
ph: 217-993-0998 • f: 217-529-4228
Hours: Monday - Thursday, 7 a.m. - 5:30 p.m.



Notice to City of Springfield employees and spouses participating in the City's HDHP/HSA plan: The City is not providing advice on whether and to what extent receiving near-site clinic services may impact HSA eligibility. Individuals should consult with their tax advisor with any questions or concerns. You may also visit the IRS link pertaining to the IRS tax guidance on HSAs at irs.gov and search for IRS Notice 2008-59 for IRS guidance on HSAs and IRS Publication 969 on HSAs and other tax-favored health plans.

FREQUENTLY ASKED QUESTIONS

What is a Health Risk Assessment (HRA)?

A Health Risk Assessment (HRA) is a private, online questionnaire that helps assess your general health. It identifies areas where you're doing well and areas where you might need improvement.

What is a biometric screening?

A biometric screening is a preventive health check that measures:

- Cholesterol and glucose (using a finger stick)
- Blood pressure
- Waist circumference
- Body fat percentage

Do I have to see the LeadWell health coach to get the 10% premium discount?

No, you can choose to see either the LeadWell health coach or your primary care provider (PCP) to get the discount.

What are the benefits of seeing the LeadWell health coach?

- There is no cost to see the health coach.
- The health coach performs biometric screenings and follow-ups based on your results.
- The coach helps guide you toward a healthier lifestyle.

Do I need to fast before my biometric screening?

No, fasting isn't required, but it's recommended to fast for 9-12 hours beforehand. Only water, unsweetened tea, or black coffee is allowed during the fasting period.

Do I need a full lab draw or physical with a provider?

No, a full lab draw and wellness exam with a provider are optional. They're no longer required to receive the premium discount.