



Healthier You Credit

The 2023 *Healthier You* credit will be a one-time \$100 payroll credit applied to your paycheck in April of 2023. **No biometric screening** will be required to receive the one-time \$100 credit for 2023.

- To receive the 2023 credit, employees and spouses will be required to simply create a MyChart account and complete a Health Risk Assessment between January 1, 2023 and March 31, 2023.

**Employee and Spouse will receive separate \$100 credits (\$200 total).*

Tobacco Surcharge

For employees and spouses who are not currently receiving the nicotine surcharge, no testing will be required for the 2023 plan year.

- **Employees** who are currently receiving the nicotine surcharge will have the opportunity to complete nicotine testing. If you test negative, the 2023 surcharge (\$50 Premium per month; \$600 annually) will be waived.
- **Spouses** who are currently receiving the nicotine surcharge will be required to attest (employee attests on behalf of spouse) for nicotine use during 2023 benefits enrollment. If you attest no, no further action is needed.
- For **employees** and **spouses** who are currently receiving the nicotine surcharge or attest positive, you may opt to complete a tobacco cessation program.

Contact **Healthier You** for more details

HealthierYou@Mcleodhealth.org

888-808-7466