

SMART CHOICES HEALTHY REWARDS INSTRUCTIONS

Both member and spouse are required to complete one of the options below

If you are interested in Smart Choices, elect one of the Smart Choices Plans on the enrollment form first to enroll, once you get a medical id card then you can do one of the screenings.

Anthem Blue Cross/Indemnity Plan:

Option MedExpert online Health Assessment:

Call Med Expert at 800-999-1999 and they can do the HRQ over the phone with you or you can go online to <https://smartchoice.medexperthealth.com> and you can do the HRQ online. Please allow 30 minutes each to complete the questionnaire online or over the phone.

Option Biometric Screening – Quest:

In order to complete the blood work through Quest Diagnostics, go online to www.My.QuestForHealth.com register, and download a physician form (your information will auto populate) Make an appointment, you can do so online by finding the closest Quest to you. Your physician will complete the form. The plan will pay for the biometric testing, you keep the results.

Kaiser Plan:

Option Online Health Assessment:

Log on to kp.org or <https://healthy.kaiserpermanente.org/northern-california> (you must be registered) and go to the Health & Wellness tab. Scroll down to Programs & Classes. Click on “Total Health Assessment”. Click “take a Total Health Assessment” and click on “Start Health Assessment”. After finished, you can print your certificate for documentation and mail to trust fund office with enrollment packet. Just click on the trophy or “my achievements” click on view “certificate” and print.

Option in Person Class

Use enclosed form which includes additional instructions to go into Kaiser and do an in person class, the class instructor will need to complete and stamp the form.