



Health Benefits

Together, we are working toward a healthier community.

2027 WELLNESS PROGRAM ACTIVITIES

The Wellness Program is designed to support your overall health and wellbeing. This voluntary Program is available to eligible employees, non-Medicare retirees, and spouses or domestic partners enrolled in a State of Maryland medical plan.

Wellness Program participants who complete certain activities between January 1, 2027 - December 31, 2028, will receive the following incentives:

- \$0 copays for Primary Care Physician (PCP) visits
- \$5 reduction (\$10 maximum reduction) in Specialist copays* for:
 - Completing one of the recommended screenings
 - Completing an annual eye exam

*The Specialist copay reduction does not apply to the Kaiser Permanente IHM.

What if I don't want to participate in the Wellness Program?

The Wellness Program activities are entirely voluntary and free to you. Should you choose not to participate, copayments will be applied by physicians at the time services are rendered. See the Schedule of Benefits for your medical plan details.

Take Advantage of these additional Wellness Program Benefits

- No-cost Wellness Coaching available under all medical plans to help you reach health goals
- No-cost Weight Management, Tobacco Cessation, Financial Wellbeing and Emotional Wellbeing Programs

Get Started and Start Saving!

All Wellness Program participants need to create their own individual online account the first time they visit their medical plan's website. **If you have already created an account, you do not need to set up a new account.**

CareFirst Enrollees

1. To get started, visit <https://www.carefirst.com/statemd> and follow the instructions to set up *MyAccount*.
2. Once your account is set up, click Explore Now in the Wellness Program pop-up message. You'll need to enter your CareFirst MyAccount user name and password and complete the one-time registration with CareFirst Wellbeing.
3. Access your Wellness Program from the web or download the CareFirst Wellbeing app.
4. If you require assistance with the Wellness Program or completing any activity, call CareFirst Wellbeing at 877-260-3253.

Kaiser Permanente Enrollees

1. To get started, visit kp.org/engage and log in with your kp.org account info.
2. Complete the annual Total Health Assessment (THA).
3. Confirm that you have selected your Primary Care Physician (PCP).
4. Once these 2 activities have been completed, you will earn your \$0 copay. You can check kp.org/engage often to view your status.
5. If you have questions about the program, please call 866-300-9867 or email rewardscustomerservice@kp.org.

United Healthcare Enrollees

1. To get started, go to myuhc.com or download the UnitedHealthcare app.
2. Register online and sign in. If already registered, just sign in.
3. After signing in, select UHC Rewards.
4. Activate UHC Rewards and start earning your rewards.

Find Out More About What Our Wellness Program Offers!

Go to the Employee Benefits Wellness website at <https://dbm.maryland.gov/benefits/> and click on the Wellness tab to access monthly health promotion topics, a webinar library, and many more wellness resources. Complete one of the recommended screenings to receive a \$5 reduction in specialists copays*. Complete an annual eye exam for a \$5 reduction in specialists copays. Complete both for maximum reduction of \$10.

WELLNESS PROGRAM ROUTINE SCREENINGS 2027-2028				
SCREENING	18-29 YEARS	30-39 YEARS	40-49 YEARS	50+ YEARS
ROUTINE CHECKUP - Personal history - Blood pressure - BMI - Physical exam - Comprehensive metabolic blood panel including LDL/ HDL, hemoglobin A1C, CBC	Annually	Every 1-3 Years, depending on risk factors	Every 1-3 Years, depending on risk factors	Annually
BREAST CANCER (Women)			Age 40-44 Annual Mammography is Optional Age 45-49 Annual Mammography is Recommended	Age 50-54 Annual Mammography Recommended Age 55+ Option for Annual or Every Other Year Mammography
CERVICAL CANCER	Initial Pap Test at age 21. Then, every 3 years Or as recommended by your physician	Pap Test every 3 years Or as recommended per your physician	Pap Test every 3 years Or as recommended per your physician	Age 50 – 65 Pap Test every 3 years Or as recommended per your physician Older than 65 as recommended by your physician
COLORECTAL CANCER			Colonoscopy at age 45, then once every 10 years Or as recommended by your physician	Age 50+ Colonoscopy every 10 years up to age 75 Or as recommended by your physician
DIABETES – TYPE 2			Beginning at age 45: Every 3 years or more often at discretion of physician	Age 50 - 70: Every 3 years or more often at discretion of physician
TETANUS, DIPHTHERIA IMMUNIZATION	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)

*Note: Kaiser Permanente rewards do not include reduced specialist copays.