



**Rummel Construction, Inc.**  
**2010 Premium Rebate Incentive Program**  
 Wellness Activity and Earning Example

**1st Quarter**

- ▶ Registers for [myuhc.com](http://myuhc.com) and completes Health Assessment
- ▶ Participates in free biometric screening provided at their project
- ▶ Earns: **Premium Rebate Incentive from Rummel Construction, Inc. and \$75 Gift Card from UHC**

**2nd Quarter**

- ▶ Completes a free On-line Coaching Program (takes 5 weeks to complete)\*
  - Earns: **Premium Rebate Incentive from Rummel Construction, Inc. and \$25 Gift Card from UHC**
- ▶ Starts a free Telephonic Coaching Program (to complete and earn incentive in 3rd Quarter-takes 3 to 6 months)

**3rd Quarter**

- ▶ Completes Telephonic Coaching Program (started in 2nd Quarter)\*
- ▶ Earns: **Premium Rebate Incentive from Rummel Construction, Inc. and \$75 Gift Card from UHC**

**4th Quarter**

- ▶ Complete any wellness activity
- ▶ Earns: **Premium Rebate Incentive from Rummel Construction, Inc.**

**Notes:**

- ▶ Spouse, if on health plan, must also complete Health Assessment and biometric screening to enroll then wellness activities quarterly for Team Member to earn Premium Rebate Incentive
- ▶ Team Member or Spouse can earn UHC Gift Card Incentive individually up to:
  - > **Gift Card Maximum per Employee:** \$175 + Quarterly Premium Rebate Incentive
  - > **Gift Card Maximum per family:** \$350 + Quarterly Premium Rebate Incentive

\*Any wellness activity can substitute for coaching program for Premium Rebate Incentive, however only UHC Coaching Programs are eligible for gift card incentives directly from UHC.

***Quarterly Premium Rebate Incentive Amounts (before taxes):***

Plan Aggregate:	<u>Hourly (for Basic or Comp)</u>
Employee Only	\$63
Employee and Spouse	\$175
Employee and Children	\$167
Family	\$239