

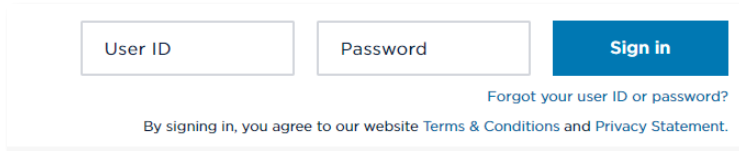
# How do I find my \$125?

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# Kaiser Permanente NW

1. Go to Kaiser Permanente NW and sign on using your User ID and Password.

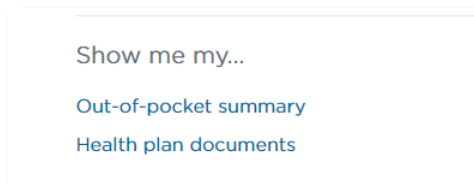


A screenshot of the Kaiser Permanente NW sign-in page. It features two input fields: "User ID" and "Password". To the right of these fields is a blue "Sign in" button. Below the input fields, there is a link that says "Forgot your user ID or password?". At the bottom of the form, a small line of text reads: "By signing in, you agree to our website Terms & Conditions and Privacy Statement."

2. Click "Coverage & Costs" on the menu bar.



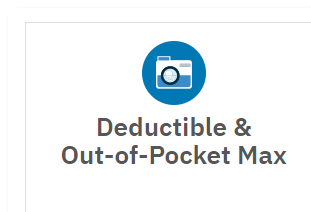
3. Click "Out-of-pocket summary" in the "Show me my..." box.



4. This will take you to the "IBM Treatment Cost Calculator" page.



5. Scroll down and view the "Deductible & Out-of-pocket max" section to see your year-to-date spend. Your \$125 wellness incentive will be reflected here.



## What is my annual individual medical deductible?

- KPNW 1 – \$1,250
- KPNW 2 – \$750
- KPNW 3 – \$125

## What is my new annual individual medical deductible with my incentive?

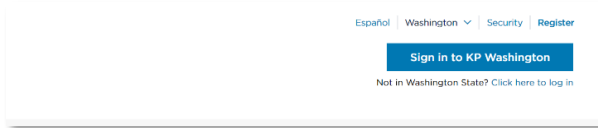
- KPNW 1 – \$1,125
- KPNW 2 – \$625
- KPNW 3 – \$0

## Questions?

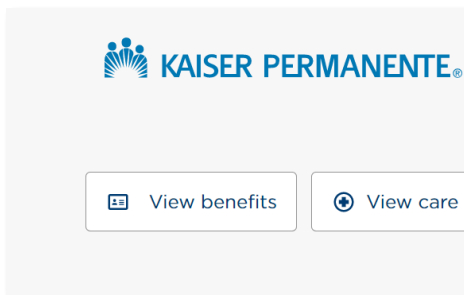
- Call SmartHealth customer service at 1-855-750-8866
- Email: [support@limeade.com](mailto:support@limeade.com)

# Kaiser Permanente WA

1. Go to Kaiser Permanente WA and sign in with your Member ID number and password.

A screenshot of the sign-in form. It features two input fields: 'Member ID #' and 'Password:'. Below the Member ID field is a link for 'ID number information'. Below the password field is a link for 'Forgot your password?'. A blue 'Sign in' button is at the bottom.

2. Click on "View benefits" in the upper left of the page.

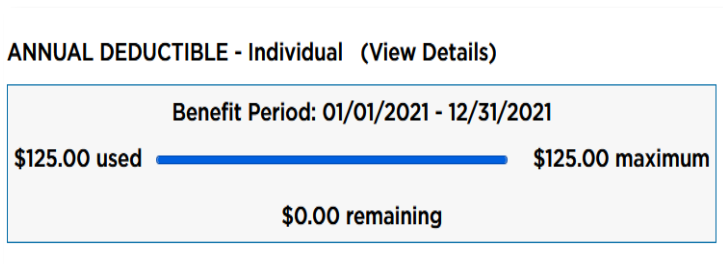


3. In the pop-up, click on "View all benefits."
4. Choose 2022 under "Select Year." Then, choose Annual Deductible under "Select Benefit Type." See sample from 2021 below.

A screenshot of a pop-up window for selecting benefits. It contains two dropdown menus: '1. Select Year' with '2021' selected and '2. Select Benefit Type' with 'Annual Deductible' selected. Below the dropdowns, the text '2021 Annual Deductible' is displayed.

- The \$125 SmartHealth wellness incentive will be reflected under "Annual Deductible - Individual".
- You should see this adjustment by the end of January 2022.
- The amount on the graph changes as you contribute towards your deductible, including the SmartHealth \$125 incentive. See sample from 2021 below.

**Note:** If you already met part of your deductible, you can check for your wellness incentive by clicking "View Details" next to "Annual Deductible - Individual."



**Example:** Jane's individual medical deductible for their Kaiser medical plan is \$125. By qualifying for the SmartHealth \$125 incentive, their remaining "individual medical deductible" is \$0.

5. The \$125 wellness incentive will show up under patient responsibility in orange with no claim information available.

ANNUAL DEDUCTIBLE				
DATE OF SERVICE	CLAIM #	PROVIDER BILLED	PLAN PAID	PATIENT RESPONSIBILITY
(Claim information not available)				
01/01/21	2126699999919			\$125.00
■ Indicates a manual adjustment				Total: \$125.00

## What is my annual individual medical deductible?

- KPWA Core 1 – \$1,250
- KPWA Core 2 – \$750
- KPWA Core 3 – \$250
- KPWA SoundChoice – \$125
- KPWA Options PPO 1 – \$1,250
- KPWA Options PPO 2 – \$750
- KPWA Options PPO 3 – \$250

## What is my new annual individual medical deductible with my incentive?

- KPWA Core 1 – \$1,125
- KPWA Core 2 – \$625
- KPWA Core 3 – \$125
- KPWA SoundChoice – \$0
- KPWA Options PPO 1 – \$1,125
- KPWA Options PPO 2 – \$625
- KPWA Options PPO 3 – \$125

## Questions?

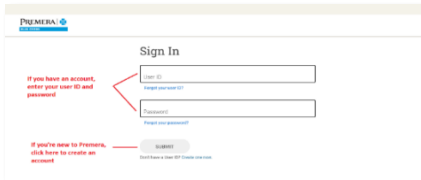
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- Email: [support@limeade.com](mailto:support@limeade.com)

# Premera

1. Go to Premera's website. Click "Sign in."

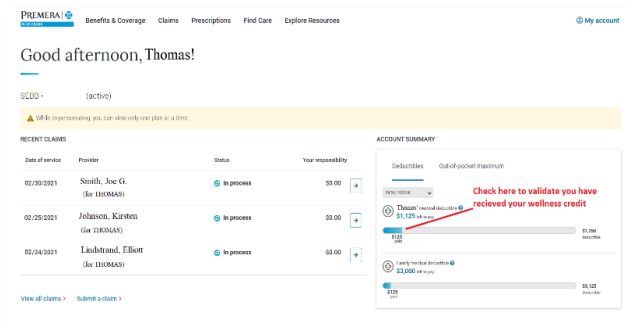


2. Sign into your account with your member ID and password.



3. The incentive is included as a credit towards your annual medical deductible amount.

**Example:** Thomas's individual medical deductible for their Premera Standard PPO plan is \$1,250. By qualifying for the SmartHealth \$125 incentive, their medical deductible will show that \$125 has been met, with a remaining medical deductible of \$1,125.



## What is my annual individual medical deductible?

- Premera High PPO – \$750
- Premera Peak Care EPO – \$750
- Premera Standard PPO – \$1,250

## What is my new annual individual medical deductible with my incentive?

- Premera High PPO – \$750
- Premera Peak Care EPO – \$750
- Premera Standard PPO – \$1,250

## Questions?

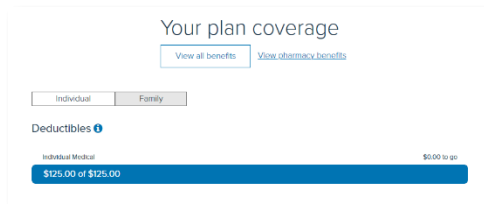
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# Uniform Medical Plan (UMP)

1. Sign into your online Regence account.
2. Scroll down to "Your plan coverage."
3. Scroll down the page until you see the "you've earned your wellness incentive" image.



4. Scroll back up the page to the "Your plan coverage" section. You must click the 'Individual' tab (if applicable) to see that your individual medical deductible has been reduced by \$125.  
**Note:** The amount on the graph changes as you contribute towards your deductible.



**Example:** Jane's individual medical deductible for her UMP Achieve 2 medical plan is \$250. By qualifying for the SmartHealth \$125 incentive, her new "individual medical deductible" will show \$125.

## What is my annual individual medical deductible?

- UMP Achieve 1 – \$750
- UMP Achieve 2 – \$250
- UMP Plus – \$125

## What is my new annual individual medical deductible with my incentive?

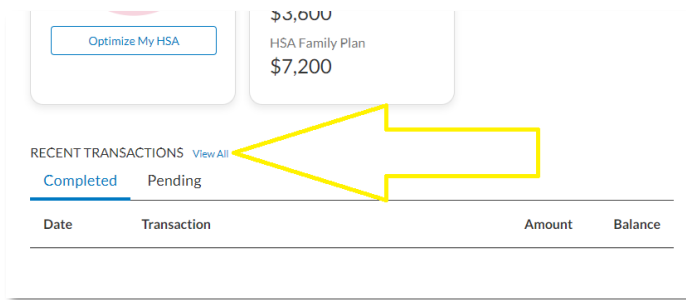
- UMP Achieve 1 – \$625
- UMP Achieve 2 – \$125
- UMP Plus – \$0

## Questions?

- Call SmartHealth customer service at 1-855-750-8866
- Email: [support@limeade.com](mailto:support@limeade.com)

# UMP High Deductible with a health savings account (HSA)

1. Log into your HealthEquity member portal.



2. Scroll down to the recent transactions section and select "View all."
3. Scroll down to the end of January and look for "Employer Contribution (Tax year: 2022)."
4. The dollar amount in the "contribution" column will reflect the monthly employer contribution plus the \$125 SmartHealth incentive. The \$125 **is not** a separate line item. The \$125 is not added until the end of January 2022.

## What is the monthly employer contribution to my HSA?

- Subscriber only – \$31.25
- Subscriber and family – \$62.50

## What is the monthly employer contribution to my HSA with my incentive?

- Subscriber – \$156.25
- Subscriber and family – \$187.50

## Questions?

- Visit HCA's website to read about **Health plans with health savings accounts (HSAs)**.
- Call SmartHealth customer service at 1-855-750-8866
- Email: [support@limeade.com](mailto:support@limeade.com)