

2019 HEALTHY LIVING PROGRAM

Add **Years**
to Your LIFE,
And **LIFE**
to Your Years






DTE is committed to helping you get the most out of life. Whether it's improving your daily quality of life or potentially adding years to your life by preventing chronic diseases, the Healthy Living Program offers you added incentive to stay on top of your health. Specifically, it's about building a strong relationship with your doctor, getting the your annual physical and preventive care screenings, and taking an insightful online health assessment.






What's the payoff? Together, these activities give you critical insight into your current health status, as well as identify what you can do to keep your health on track for the future. Plus, completing these activities allows you to avoid the 2020 Healthy Living Surcharge. Participate in the Healthy Living Program TODAY – your family will thank you!

Invest in Your Health: Complete by **June 30, 2019**

TASK # 1: Complete an ANNUAL PHYSICAL and submit the Annual Physical Health Screening Form

- No need to wait a year between physicals; schedule anytime after Jan. 1, 2019.
- Submit the Form one of three ways:
 -  **Upload:** Take a picture using your smartphone and upload to DTEEnergy.RedBrickHealth.com
 -  **Fax:** [833-724-4383](tel:833-724-4383)
 -  **Mail:** RedBrick Health
P.O. Box 2260
Minneapolis, MN 55402-0260
- The form must be received by RedBrick Health no later than **June 30, 2019**.

TASK #2: Complete the RedBrick HEALTH ASSESSMENT

-  Log in to DTEEnergy.RedBrickHealth.com using your computer, laptop, tablet or smartphone.
-  Or, access by downloading the mobile app available at Google Play  or Apple Store  (Sponsor: DTE).
-  Can't complete the assessment online? Take it over the phone at [866-261-7144](tel:866-261-7144). Or, request a paper copy and return via fax or mail.

Early Bird Prizes!

HLR-eligible employees and spouses who complete the two tasks within the first three months, will be entered to win one of five \$500 gift cards.

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Paying the Price of Skipping Your Preventive Care

Ignoring or pushing off your preventive care can mean missing an opportunity to gain the peace-of-mind that comes with a clean bill of health, or knowing you were able to catch a health concern early when it is most treatable. Don't pay the price of leaving your health to chance.

Plus, if you don't complete the two activities by the deadline, you will pay a surcharge (and spouse's surcharge, if applicable). The surcharge(s) will **automatically be deducted** from your paychecks during Jan. 1 - Dec. 31, 2020.

Potential Surcharge Based on Level of Completion

REQUIREMENTS COMPLETED		PAYCHECK DEDUCTION
YOU	SPOUSE	
✔ Yes	✔ Yes	\$0
✔ Yes	✘ No	\$46.15 per pay (\$1,200 annually)
✘ No	✔ Yes	\$46.15 per pay (\$1,200 annually)
✘ No	✘ No	\$92.30 per pay (\$2,400 annually)

Remember the Surcharge is an **automatic deduction** on your paycheck.



Why Preventive Care Matters...

- reduces the chance you'll have to deal with painful or uncomfortable symptoms of a chronic disease
- helps ensure the ability to be active and take part in life
- prevents large medical bills or bankruptcy
- increases lifespan
- makes treatment of chronic diseases is easier
- your loved ones will thank you!

If, due to a medical condition, it is unreasonably difficult or medically inadvisable for you to achieve or attempt to achieve the standards of this program, call RedBrick Health at **866-261-7144**.