

2020

Healthy Living Program Reminder



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 and well-being. Specifically, it's about building a strong relationship with your doctor, getting your annual physical and taking an insightful online health assessment.

Invest in Your Health: Complete by **June 30, 2020**

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, 2020.
- Submit the form one of three ways:
 - 📄 Upload: Take a picture using your smartphone and upload to the app or to DTEEnergy.RedBrickHealth.com.



📠 Fax: 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, 2020**.
- If you need an additional blank form, you can:
 - Download it from the website
 - Get it from an on-site EYL Coordinator or at eyl_account@dteenergy.com
 - Request a copy be mailed to you by calling RedBrick Health at 866.261.7144

2 Complete the RedBrick Health Assessment

💻 Log in to DTEEnergy.RedBrickHealth.com using your computer, laptop, tablet or smartphone.

📱 Or get 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. Or request a paper copy and return via fax or mail.

Important!

It is your responsibility to verify that RedBrick Health has received the required documentation and that you have met the Healthy Living Requirements. To monitor your progress and confirm your requirement status, visit DTEEnergy.RedBrickHealth.com or call 866.261.7144.

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.

Please note, 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) could be well over \$1,000 and will automatically be deducted from your paychecks during Jan. 1 – Dec. 31, 2021.

Possible Surcharge Scenarios

| REQUIREMENTS COMPLETED | | PAYCHECK DEDUCTION |
|---|---|---|
| YOU | SPOUSE | |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | \$0 |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> No | \$46.15 per pay (\$1,200 annually) |
| <input checked="" type="checkbox"/> No | <input checked="" type="checkbox"/> Yes | \$46.15 per pay (\$1,200 annually) |
| <input checked="" type="checkbox"/> No | <input checked="" type="checkbox"/> No | \$92.30 per pay (\$2,400 annually) |

Remember, the surcharge is an automatic deduction on your paycheck.



Why Preventive Care Matters

- It reduces the chance you'll have to deal with painful or uncomfortable symptoms of a chronic disease
- It helps ensure the ability to be active and take part in life
- It prevents large medical bills or bankruptcy
- It can increase lifespan
- It makes treatment of chronic diseases 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.