

Healthy County. *Healthy You.*

NAVARRO COUNTY

2025 Wellness Incentive Program



TEXAS ASSOCIATION *of* COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Navarro County Wellness Incentive Program

The Navarro County Wellness Incentive Program is available to employees enrolled in the county’s health benefit plan. From Oct. 1, 2024, to August 31, 2025, benefit-eligible employees have an opportunity to qualify for a wellness incentive.

The Wellness Incentive Program is voluntary, and employees are not required to participate in order to be covered under the Navarro County health benefit plan. However, employees who opt out of the Wellness Incentive Program will not receive the Wellness Rate and will pay a \$25 Monthly Health Benefits Contribution through payroll for the 2026 health plan year.

Employees who complete the wellness activity in the chart below will receive the corresponding wellness incentive.

WELLNESS ACTIVITIES: Oct. 1, 2024 – August 31, 2025	WELLNESS PROGRAM INCENTIVE
Annual Physical Exam: Obtain an annual physical with a network provider by August 31, 2025	Monthly Wellness Rate and Avoid the \$25 Monthly Health Benefits Contribution

Take Action! — Oct. 1, 2024 to August 31, 2025

Get an Annual Physical Exam (or Well-Woman Exam)

Rather than treat a condition after it has progressed, preventive care aims to prevent disease. Getting an annual checkup is important to maintaining good health and preventing disease.

Obtain an annual physical exam by August 31, 2025, to receive the monthly wellness rate and avoid the \$25 monthly health benefits contribution. Physician visits for only lab work do not meet the requirements for the Wellness Incentive Program.

New Hires

If your county health coverage begins on or after April 1, 2025, you are not eligible to participate in Navarro County’s Wellness Incentive Program this plan year, and no surcharges will apply.

Preventive Exams Covered at 100%

Preventive exams are covered at 100% and are not subject to a copay unless additional health concerns are addressed during the visit, which may prompt an office visit copay.

Healthy County How-To Guide

Please follow the instructions in our **How-To Guide** inserted in this brochure to set up your WebMD ONE account, purchase your activity tracker and sync it to the portal.

How can I check if I've completed the wellness incentive requirements?

1. Log in to the **WebMD ONE Wellness Portal** at www.county.org/webmdone or mybenefits.county.org.
2. Click on the **REWARDS** tab in the middle of page.
3. Select **Navarro County Incentive Program** and click on **Annual Physical** to complete activity requirement.

Tips for Scheduling Your Annual Physical Exam

- Schedule your appointment with a network provider early so you don't risk missing the **August 31, 2025**, deadline.
- Ensure your selected provider is a network provider under the **Blue Cross and Blue Shield of Texas (BCBSTX) Blue Choice PPO network**.

- Use the **Provider Finder** at www.bcbstx.com or log in to mybenefits.county.org and select **Find a Provider** under the **BCBS Featured Card**.
- Inform the doctor's office appointment staff that you are scheduling your annual wellness checkup and biometric screening.

Resources

- For questions about your benefits or to find an in-network provider, please contact or access: **Blue Cross and Blue Shield of Texas Customer Service:** (855) 357-5228
- **Healthy County Portal Energized by WebMD ONE:** www.county.org/webmdone
- **Employee Single Sign-On Website:** mybenefits.county.org
- **Healthy County Website:** www.county.org/healthycounty

Are there other options?

If it is unreasonably difficult for you to complete any of the wellness activities in the Wellness Incentive Program due to a medical condition, or if it is medically inadvisable for you to complete such requirements, please email healthycounty@county.org no later than **August 31, 2025**, for a reasonable alternative.



Together.
Better.
Stronger.

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