

## **2024 Konecranes Wellness Program**

No matter your age or stage of life, annual physical exams are essential to your ongoing health. Visiting your primary care provider (PCP) for regular preventive care is one of the best ways to identify and treat health issues before they are cause for concern. These visits also help you track your progress toward your health goals, raise your awareness of health risks, and maintain medical records with your PCP as a baseline for your health. The **Konecranes Wellness Program** is designed to increase your awareness of your health status by encouraging annual exams and evaluations.

### **Why Should I Participate?**

Participation in the Wellness Program is voluntary, but you can **reduce your entire deductible and premium to \$0** if you complete all program requirements by the deadline. The deadline to return the 2024 Wellness form and receive 2025 cost reduction incentives is **November 1, 2024**.

### **About the Program**

There are FOUR components on the Wellness form, and you must complete *all portions* to reduce your premiums to \$0 for the 2025 plan year:

1. **Annual Medical/Wellness Exam\*** – Complete a routine wellness exam with a medical provider of your choice.
2. **Routine Dental Cleaning** – Dental wellness encourages two routine cleanings per year. Evidence of *one* visit is needed to meet this requirement.
3. **Comprehensive eye exam** – Typically performed by an eye doctor and includes a series of routine vision tests that not only test how well you can see, but also check you for vision problems and eye diseases.
4. **Biometric Screening** – Completing this screening requires bloodwork (finger prick tests are accepted), and passing each metric reduces your overall deductible amount.

You must then submit the signed form to the wellness mailbox by **November 1, 2024**. Employees are responsible for submitting their form to HR. You can submit all results on one form once you have completed all your exams, or you can submit Medical, Dental, and Vision results on separate forms, if needed.

\*Note: There is no requirement that the annual medical exam and bloodwork be completed at the same time, or that you see a primary care provider. Minute Clinics, wellness fairs, primary care doctors, etc., are all accepted options. If you don't have a primary care doctor, we recommend trying a CVS minute clinic or something similar – you can typically get an appointment within 48 hours. Have your form signed by the provider at time of care and submit the form by the due date to meet the requirement.

### **Biometric Details**

*What if I don't pass all the metrics?*

- There are FIVE biometrics measured on the form. Each one passed gives \$500 off the deductible, up to the entire deductible of \$3,000 (or \$1,000 off per metric/\$6,000 total for the family plan).
  - Biometrics measured: Tobacco usage, Blood Pressure, Blood Glucose, HDL Cholesterol, Waist circumference/BMI
- If you don't pass one of the metrics, you can call and schedule a coaching session\*\* with Quantum. Completing the required number of coaching sessions gives you full credit for all the metrics (you've shown you're making an effort to improve your health in that area).
  - Miss 1-5 metrics = three coaching sessions needed for \$0 deductible
  - Tobacco usage = FIVE coaching sessions needed for \$0 deductible

**\*\* Important to note!!** – coaching sessions are **by appointment** and **slots can fill up**, especially as we near the November 1 deadline. We recommend scheduling early. If you know you need appointments, you may schedule the appointments prior to your metric results appearing in Quantum, but the metrics must be available for the coaches for the 2<sup>nd</sup> appointment.



## How Do I Sign Up for Coaching Sessions?

Coaching sessions are available through Quantum Health and can be scheduled online through the website. You can select a day and time from available appointments and provide the phone number you would like the coach to call.

- Log into Quantum and navigate to “Wellbeing” from the menu on the left
- Select “Coaching” from the options across the top
- Select the link to View/Manage to open the appointment book

## Submitting Your Form

We are no longer partnering with Asset Health for form submission. To earn participation credit, your Wellness Form must be **signed/stamped by your care provider(s)** and **received in the HR wellness mailbox** no later than **November 1, 2024**. YOU are responsible for the submission of your form (it is recommended that you do not rely on your care providers to do this on your behalf). Forms should be submitted to the new wellness mailbox, monitored by HR.

- Email to [wellness@konecranes.com](mailto:wellness@konecranes.com)

Forms received after the November 1 due date **will not** receive credit. It is recommended that you retain your confirmation email/information in case you need to show you submitted prior to the deadline.

## What Important Dates Do I Need to Know?

- **November 1:** The last day to submit your wellness form to receive the premium incentive.
- **November 1:** All coaching sessions (if needed) must be completed to receive the deductible incentive.

## Where Can I Find More Information?

More information is available online at the Quantum portal and our Konecranes Benefits website.

- **Benefits website:** <https://www.konecranesbenefitsinfo.com/wellness-benefits>  
*Bookmark this site for all information on the benefit programs available through Konecranes.*
- **Quantum Health:** <https://konecranesbenefits.com>  
*Quantum is our benefits concierge service. Contact Quantum Health Care Coordinators at (866) 989-3020 or online for personalized support and guidance anytime you need help with medical claims, ID Cards, health benefits, and so much more. – You must be benefit eligible and registered to access the online portal.*

## New Hire Participation Process

Newly hired employees receive a 50% reduction in premium costs from their date of benefits eligibility to the end of the current calendar year. New hires can participate in the wellness program from day 1 and lock in reduced premium/deductible rates for 2025 by getting the annual exams and biometric screening in 2024 and turning in the Wellness form by the **November 1, 2024** deadline.