

IMPORTANT 2022 PATHWAYS INFORMATION

For employees who were born in an ODD year and are currently in the CUSTOM or BASIC PATHWAY

Incentive Activities	What To Do	Final Deadlines	Pathway Information
<p><u>STEP #1</u> FASTING BLOODWORK</p> <p><i>Bloodwork from your personal doctor will NOT be accepted for the Pathways Program</i></p>	<p>Schedule your appointment by logging on to Quest Diagnostics at https://my.questforhealth.com.</p> <p>Registration key is CCPS2022 Log-in support: (855) 623-9355</p> <p>This is FASTING bloodwork. Please <i>no food, smoking or chewing gum</i> for 12 hours before your appointment. <u>Drink only water</u> and take your medication, unless your doctor tells you otherwise.</p>	<p>Thursday, March 31, 2022</p> <p><i>There will be no bloodwork appointments after this date</i></p>	<p>STEP #1 must be completed by 3/31/22 to proceed to STEP #2. If you do not complete the bloodwork, you will remain in your current pathway.</p>
<p><u>STEP #2</u> WELLNESS CONSULTS</p> <p>(If necessary)</p>	<ul style="list-style-type: none"> ▪ Your Pathways Team will review your bloodwork results (STEP #1) and let you know if you need a Wellness Consult (up to three). ▪ Wellness Consults must be completed by the designated deadline date(s). If you require 3 Wellness Consults, you must also complete a repeat A1c by 9/30/2022. <p><i>Wellness Consults provide you with information and resources to help you live a healthier lifestyle and support you in the health goals that you and your doctor have made.</i></p>	<p>Early Upgrade: <i>March 31, 2022</i></p> <p>Mid-Year Upgrade: <i>June 30, 2022</i></p> <p>FINAL Deadline: <i>September 30, 2022</i></p>	<p>STEP #1 and #2 must be completed by the deadline date for you to be in the CUSTOM Pathway.</p>
<p><u>STEP #3</u> PREVENTIVE SCREENINGS</p>	<p>Send verification of your preventive screenings to CCPSPathways@chealthpartners.com:</p> <ul style="list-style-type: none"> • Doctor's note <i>OR</i> • Explanation of Benefits (EOB) <i>OR</i> • Preventive Screening Form <p>Preventive medical screenings:</p> <ul style="list-style-type: none"> ▪ ALL employees: Annual Physical between 10/1/21 and 9/30/22 ▪ Females 40 years and older: Mammogram (every 2 years) ▪ ALL employees 50 years and older: Colonoscopy (every 10 years, unless done in the past 10 years) 	<p>Early Upgrade: <i>March 31, 2022</i></p> <p>Mid-Year Upgrade: <i>June 30, 2022</i></p> <p>FINAL Deadline: <i>September 30, 2022</i></p>	<p>STEP #3 must be completed and submitted by the Upgrade deadline dates to <u>upgrade to the ENHANCED Pathway.</u></p>