



# Your 2023 Healthy Merits Program

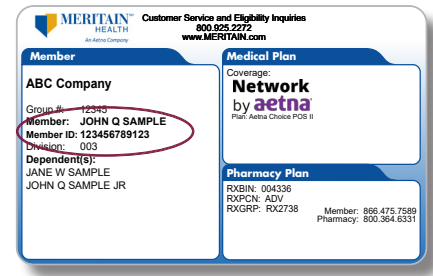
Argus Consulting, Inc.

Welcome to your Healthy Merits Wellness Program! The goal of Healthy Merits is to help you become healthier by establishing smart and easy habits to last a lifetime, versus setting temporary goals. All employees and spouses who are enrolled in the medical plan are eligible to participate. If you are an employee who is enrolled in the medical plan, you are eligible to earn Medical Premium Discounts. Don't wait, log on today at <https://argus.healthymerits.com>.

## Healthy Merits website registration

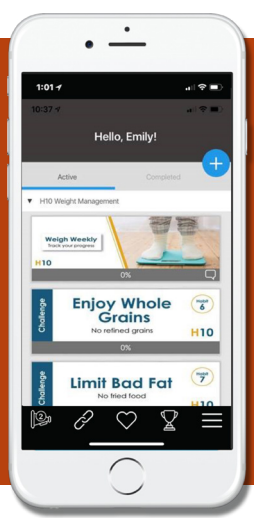
To get started, you must first register for your Healthy Merits account at <https://argus.healthymerits.com>. Register using the information exactly as it appears on your Meritain Health® medical ID card. **If you have a middle name or initial on the ID card, enter that on the first name box.** Your unique ID is your member ID.

Employees who are not enrolled on the medical plan will use their employee ID number to register, given at the time of hire and located in Deltek.



## Spouse registration

Spouses on the health plan will be eligible to participate in the wellness program. After the insured employee has registered, the spouse can enter their information and register. **Please note:** the email with which the primary member registered is required during spouse registration.



## Mobile app

Prefer to participate in the wellness program on your smartphone? Download the Healthy Merits app in the iOS App Store®, Google Play Store™, or scan the QR code below and create an account. You will need to use the company code **Argus** during registration.



Apple app



Android app

## Wellness Program

### Discount A: Physician Screening and Health Risk Assessment (\$50.00 per month in 2024)

#### Activity 1: MeasureUp

Learn about your current health by undergoing a preventive health exam with your Primary Care Physician (PCP) or an in-network health care professional of your choice. Log on to <https://argus.healthymerits.com> and request a Physician Screening form through the *MeasureUp* tile which will be emailed to you, to take with you to the exam.

- Complete your annual preventive health exam with bloodwork and ask your PCP to complete the bloodwork results portion of your Physician Screening form.
- Submit your Physician Screening form through the *MeasureUp* tile by selecting the schedule button.  
**Deadline to submit:** October 31, 2023. Exams and results dated between November 1, 2022 and October 31, 2023 will be accepted.

#### Activity 2: AgeGage Health Risk Assessment

Visit <https://argus.healthymerits.com> or download the Healthy Merits app to complete your AgeGage health risk assessment. Argus will receive only aggregated data and no personal health information will be disclosed.

- **Deadline to submit:** October 31, 2023.

### Discount B: NicotineFree Challenge (\$25.00 per month in 2024)

Non-tobacco users may earn this additional incentive by completing a Tobacco Status Affidavit stating that they do not use tobacco or nicotine products. Eligible employees can complete and submit the affidavit on <https://argus.healthymerits.com>.

Or

Tobacco users may earn this incentive by completing the NicotineFree Challenge, tobacco cessation program on <https://argus.healthymerits.com>. This program includes ten University Wellness Courses.

- **Deadline to submit:** October 31, 2023.

**Please note:** Only employees on the plan must complete the AgeGage health assessment and the MeasureUp biometric screening to earn the 2024 premium Discount A. If you are unable to participate in the wellness program or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting Human Resources.

Visit <https://argus.healthymerits.com> to register for challenges, University Courses and In-bound health coaching calls to help you on along your wellness journey.

## About your rewards

Your health plan is committed to helping you achieve your best health and wellness by offering rewards for participating. If you think you might be unable to meet a standard for a reward under this wellness program, just contact Healthy Merits at **1.877.348.4533**. We can help find an alternate activity with the same reward that's right for you.

**Questions? Just call Healthy Merits Customer Service at 1.877.348.4533 or email [healthymerits@meritain.com](mailto:healthymerits@meritain.com).**

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