

Notice Regarding Wellness Programs

Box Elder School District's wellness program through PEHP Healthy Utah is a voluntary wellness program available to all employees and spouses. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others.

If you choose to participate in the wellness program, you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for blood glucose, total cholesterol, blood pressure, height, and weight. The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program, such as offering onsite presentations focusing on high risk areas. You also are encouraged to share your results or concerns with your own doctor.

Employees and spouses who choose to participate in the wellness program will be eligible to receive rebate incentives through PEHP of up to \$300. Although you are not required to complete the HRA or participate in the biometric screening, only those who do so will receive the rebates. Also, employees who complete the PEHP Healthy Utah biometric screening and health risk assessment during the 2019/2020 plan year will be eligible to receive a \$10/month lower premium for the 2020/2021 plan year. Specific dates and deadlines are to be determined and will be communicated to employees as soon as possible.

If you are unable to participate in any of the health-related activities 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. Due to the potential changes with wellness regulations in response to the AARP v EEOC case, the incentive limit may change at some point during the plan year. Please note that we will notify health plan members of any changes and adjust wellness rewards accordingly.

Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although Healthy Utah and Box Elder School District may use aggregate information it collects to design a program based on identified health risks in the workplace, Healthy Utah will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed, except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individuals who will receive your personally identifiable health information are the PEHP personnel administering the biometric screening in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach. In the event a data breach involving information you provide in connection with the wellness program occurs, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact Cindy Romney at cindy.romney@besd.net.