

Frequently Asked Questions

Am I required to participate if I am on the Boyd Health Insurance plan?

For both Employees and Spouses to receive their maximum points towards their discount, they must participate in the Wellness Worx program. Simply by participating in the Biometrics Screening and Human Performance Assessment, you will already be eligible to start saving on your monthly premium!

How do employees get the full \$120 per month premium discount?

2025 will be the transition year for our newly designed program. Current employees, spouses, and employees hired before September 1, 2024 can receive the full medical premium incentive for the 2025 plan year if they complete their screening and Human Performance Assessment by November 30, 2024. New hires & qualifying events, as of September 1, 2024, will have 90 days to complete the requirements to earn in-year medical premium discounts.

All Level 2 required activities must be completed by August 31, 2025, to earn \$80 towards your 2026 medical premium discount. Completing the screening and Human Performance Assessment, offered in the Fall of 2025, will earn you the remaining \$40 towards your 2026 medical premium discount.

Will I receive a discount if my spouse does not participate?

Spouses and employees on the medical insurance who choose not to participate will earn \$0. Example: If a spouse earns \$120 and the employee does not participate, the employee earns \$0. That dollar amount is averaged, and a \$60 discount is given on the monthly health insurance premium.

Do employees or spouses need to complete Wellness Activities to maintain points?

Each level has a set requirement and reward. Points earned in each level roll over to the next level to help achieve the total required for that level and that level's reward. The more you participate in your Wellness Worx program, the more rewards you earn! Register on Aduro's Wellness Worx to learn more <https://boyd.adurolife.com/home>.

Are spouses eligible to earn Tango cards?

Yes, spouses have the same opportunities, requirements and rewards that employees have.

When will I receive my Tango card?

Once you have earned the required points, you will receive an email from Tango inviting you to select your Tango card reward.

How can I screen?

Onsite screenings for employees and spouses are held each year in September/October, or you can schedule a screening at a Quest location, on the Aduro site. All biometric screening results completed between June 1 and November 30, 2024 will be accepted for the Level 1 screening requirements; this includes annual physicals.

What if I am unable to meet the Risk Factor National Standards?

If you are medically unable to achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable alternative standard consisting of additional wellness-based requirements. You may request information on how to obtain a reasonable alternative standard by contacting support@adurolife.com or by calling **888.857.0166**.

Risk Factors	National Standards
Blood Pressure	<120/<80
Glucose (or A1C)	<100
Total Cholesterol: HDL Ratio	Males <4.5 Females <4.0
Triglycerides	<149
BMI or Waist Circumference	<25 or Males <40" Females <35"

Will Health Coaching and Wellness Activities be offered in 2025?

Yes, virtual Health Coaching and Wellness Activities will continue to be offered to help you achieve your Wellness goals.

Who will know my results?

Aduro follows all HIPAA guidelines to protect your private health information. This includes all health assessment, screening results, and any information shared during coaching. Your private health information will be kept confidential between you and your health coach. None of your information can be provided to any other parties, including your spouse.

How do I contact Aduro if I need assistance or have questions?

If you have questions or need assistance with the Aduro Wellness Worx platform, please contact Aduro at support@adurolife.com or **888.857.0166**. If you have questions about your benefits, please contact the Benefits Team at benefits@boydcat.com.