LEVERAGING CARRIER WELLNESS CREDITS TO HELP COVER PROGRAM COSTS

OVERVIEW

Health insurance carriers increasingly recognize the value of preventive care and wellness programs in reducing long-term healthcare costs. To encourage the adoption of these programs, carriers often provide financial incentives in the form of "wellness credits" to their employer clients.

These credits can be used to offset the costs associated with designing, implementing, and sustaining wellness initiatives... including programs like meQ.

HOW IT WORKS

Carriers may have guidelines for how these funds can be used, including a set of preferred vendor partners. Typically, though, you can choose to use wellness credits for the health and well-being issues you prioritize.

Wellness credits are often tied to the plan year or calendar year, on a use-it or lose-it basis. So, be sure to use the available funds each year!

TAKING ACTION

According to an article by **ONE STOP WELLNESS**, employers should:



CONTACT YOUR CARRIER: Reach out to your health insurance carrier rep and ask them if your company has any wellness credits - they'll know exactly what you're referring to!



ASK QUESTIONS:

- What is my budget and when is the deadline to spend them?
- What types of wellness programs can be covered?
- How does the program get paid for?



NEGOTIATE: If your carrier doesn't offer any wellness credits, now is the time to negotiate for next year's contract. Be sure to request a multi-year agreement so you are not in a challenging budget situation in future years.

ASK YOUR CARRIER IF meQ IS ALREADY INCLUDED IN THEIR VENDOR OFFERINGS. If not, just tell them that you intend to use your credits for meQ's workforce resilience programs.

QUESTIONS? **REACH OUT TO A meQ SPECIALIST TODAY!**

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