



COUNTY OF GALVESTON

DATE:	January 14, 2014
TO:	Galveston County Employees (Medical Plan Participants ONLY)
FROM:	Galveston County Human Resources Department
SUBJECT:	Gym Memberships & Tobacco Cessation Programs

NEW PROGRAMS COMING YOUR WAY!

The County has a whole new focus on wellness! To kick off 2014, the Commissioners Court approved the following two (2) programs to help improve your overall health.

A. REIMBURSEMENT TOWARDS GYM MEMBERSHIPS:

If you are covered under one of the County’s Medical Plans, effective January 1, 2014, the County will reimburse \$40 towards your monthly gym membership fee if you can prove that you have worked out at least three (3) times per week, three (3) weeks each month. The rules of the program are as follows:

1. **GYMS:** Your gym must have electronic tracking capabilities for monitoring the dates and frequency of your workouts.
2. **WORKOUT FREQUENCY:** You must work out at least three (3) times per week, at least three (3) weeks a month.
3. **DOCUMENTATION:** You or your gym must be able to produce a printed document from your gym’s electronic tracking system reflecting each day you visited their workout facility. *Handwritten documents will not be accepted.*
4. **FILING FOR REIMBURSEMENT:** After a month in which you met the “Workout Frequency” requirement, you must submit a completed “Reimbursement Form” (sample attached) along with the printed document from your gym (see 1 & 2 above) to Boon-Chapman.
5. **REIMBURSEMENT:** This program will reimburse the employee **\$40** for each month you provide proper “Documentation” that you have met the “Workout Frequency” requirement. This is a “reimbursement” program, which means you must pay your membership fee first and then file for reimbursement after you have documentation showing you met all requirements.

B. TOBACCO CESSATION PROGRAMS (through CareHere):

Through our partnership with CareHere, the County will begin holding tobacco cessation courses periodically throughout 2014! For each employee participating in a CareHere Tobacco Cessation course, the County will cover the cost of participation and materials, as well as any costs associated with an approved tobacco cessation product that works best for you during the course of your participation. Please watch for the upcoming announcements with dates and times of each opportunity.

These courses are being offered in preparation for the implementation of a tobacco-user premium that will go into **effect as of July 1, 2014** for any employee on the medical plan that tested positive through their HRA as a tobacco user, but has not participated in a County offered Tobacco Cessation course. These premiums are as follows:

MEDICAL PLANS: MONTHLY EMPLOYEE PREMIUMS	BASE PLAN		BUY-UP PLAN	
	Non-Tobacco User	Tobacco User	Non-Tobacco User	Tobacco User
Employee Only	\$80	\$120	\$150	\$225
Employee & Spouse	\$220	\$260	\$275	\$350
Employee & Child(ren)	\$175	\$215	\$255	\$330
Employee & Family	\$300	\$340	\$395	\$470

Wishing you and your family a healthier 2014!