

Healthy Rewards Program

2020 Healthy Rewards Program

There is a strong correlation between high stress/emotional issues and poor lifestyle choices. To be effective, our health improvement programs must and will focus on your emotional and physical well-being. CITGO will continue to partner with a recognized wellness provider to bring our employees and their eligible covered spouse healthy living resources, on-line, and telephonic coaching. Having an independent healthy living provider assures confidentiality of your information.

Prevention is the key to better health and regular preventive care helps:

- Detect health problems early.
- Reduce risk of disease.
- Protect you from higher costs down the road.
- SAVE YOUR LIFE.

CITGO is excited to continue the Healthy Rewards Program in 2020 with Rally. Rally is a personalized, interactive health experience designed to help you create positive habits that may improve your health and well-being. When you sign up with Rally, the first thing you discover is your Rally Health Age, which tells you how your body is feeling right now. Then you can start exploring all the great digital tools that may help you make healthier choices based on your life, schedule and needs.

All active CITGO employees enrolled in one of the CITGO eligible medical plan options can participate in the Healthy Rewards Program and access Rally. An employee's spouse who is enrolled in one of the medical plan options may also participate through Rally and earn rewards. Even enrolled dependents over age 13 can access Rally. Your spouse and dependents will need to create and use their own separate log-in to myuhc.com in order to reach the Rally site.

To start your participation in the 2020 Healthy Rewards Program, go to www.myuhc.com and click on the Rally icon or Health & Wellness tab. Please note, the first time you visit the site you will need to create a Rally username and password. If you participated in the Rally last year, your information will carryover but after January 1, you will be prompted to complete the Rally health Survey again to begin earning your rewards for 2020

IMPORTANT NOTE

For 2020, all healthy reward activities must be completed by November 30, 2020.

Incentives are normally deposited on a monthly basis for activities earned in the prior month. Results are processed by UHC and incentives earned are reported to CITGO for funding through the normal payroll process.

Please allow up to 30 days for processing of all completed rewarded activities.

Start your Rally Experience by Visiting www.myuhc.com

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CITGO Benefits

Health & Wellness

Medical	14
Dental	38
Vision	40
Coordination of Benefits	42
Monthly Contributions	43
Flexible Spending Account	44
Life & Accident Insurance	48

Additionally, the SDHP offers an annual enrollment incentive just for enrolling in the SDHP option:

- Employee-only coverage - \$500 deposit to HSA.
- Employee plus Dependent/Family coverage - \$1,000 deposit to HSA.
- For those employees enrolling during Annual Election, the enrollment incentive will be deposited during normal payroll processing in January. However, Fidelity cannot accept contributions to your HSA until you have opened your account. See Setting Up Your Fidelity HSA on [page 28](#).

Preventive Annual Exam Activity

Annual preventive exams and screenings can help you and your physician identify illness or disease early. Take part in maintaining your health by completing one of the following annual exams and earn an incentive as part of the Rally Healthy Rewards Program.

1. Annual Physical
2. Mammogram
3. Cervical Cancer Screening
4. Colon Cancer Screening
 - a. Colonoscopy screening
 - b. Fecal Occult Screening
 - c. Flexible Sigmoidoscopy Screening
5. Prenatal Exam

Earn 2020 CITGO Healthy Rewards Program Incentives through Rally

ACTIVITY to be completed by enrolled Employee OR enrolled Spouse by Nov. 30, 2020	SDHP	PPO	EPO
COMPLETE online Rally Health Survey between 1/1/2020 and 11/30/2020	\$50 – Employee \$50 – Spouse	\$25 – Employee \$25 – Spouse	\$25 – Employee \$25 – Spouse
COMPLETE three personalized online Rally Missions between 1/1/2020 and 11/30/2020	\$50 – Employee \$50 – Spouse	\$25 – Employee \$25 – Spouse	\$25 – Employee \$25 – Spouse
COMPLETE Biometric Screening and submit to Rally between 1/1/2020 and 11/30/2020	\$225 – Employee \$225 – Spouse	\$50 – Employee \$50 – Spouse	\$50 – Employee \$50 – Spouse
Complete a Preventive Annual Exam between 1/1/2020 and 11/30/2020	\$175 – Employee \$175 – Spouse	\$50 – Employee \$50 – Spouse	\$50 – Employee \$50 – Spouse
TOTAL 2020 Healthy Rewards Incentives Available	\$500 – Employee \$500 – Spouse	\$150 – Employee \$150 – Spouse	\$150 – Employee \$150 – Spouse
Deposited to Employee's Account	HSA	FSA	FSA