



Taking Care  
**of YOU**



[nafhealthplans.com](http://nafhealthplans.com)

Each calendar year, DoD NAF employees, retirees and their families who are enrolled in an Aetna medical plan, have the opportunity to earn Health Incentive Credits for taking healthy actions.

In the 2019 calendar year you can earn a maximum of **\$300** for employee only or **\$600** for employees who cover dependents.

# Health Incentive Credits

Activity	Health Incentive Credit amount
<b>Employees and covered spouses can each earn:</b>	
Complete the Health Assessment on <a href="http://aetna.com">aetna.com</a>	\$75
Complete <a href="#">metabolic syndrome screening</a> between January 1 and November 30, 2019	\$150
Complete 3 calls with an Aetna Disease Management nurse to achieve a goal (not available to overseas employees)	\$75
Complete online Journey <sup>®</sup> (average time 32 days)	\$75 each; up to 4 Journeys
<b>Dependent children under the age of 18 can each earn:</b>	
Complete preventive exam for children under age 18	\$50 for each child per year

## DoD NAF Health Benefits Program

[www.nafhealthplans.com/wellness/health-incentive-program](http://www.nafhealthplans.com/wellness/health-incentive-program)



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# How to Complete the Biometric Screening

1

Onsite Events provide an easy and convenient way to complete your wellness screening. The list of scheduled 2019 events can be found at [www.nafhealthplans.com](http://www.nafhealthplans.com) on the Biometric Screening/Metabolic Syndrome page under Resources.

Schedule an onsite appointment at [My.QuestForHealth.com](http://My.QuestForHealth.com)

2

At a Patient Service Center (PSC) Quest Diagnostics has 2,200 convenient PSC locations across the country. Schedule a PSC appointment at [My.QuestForHealth.com](http://My.QuestForHealth.com). More information can be found at [www.nafhealthplans.com](http://www.nafhealthplans.com)

3

With a Physician If you are unable to make an onsite or PSC appointment, have your physician complete a Physician Results Form. Download a Physician Results Form at [My.QuestForHealth.com](http://My.QuestForHealth.com) or find more information as [www.nafhealthplans.com](http://www.nafhealthplans.com)

**\*If OCONUS, this may be the only option to complete the Biometric Screening and receive HIC.**

**Completing your wellness screening is easy and convenient. You will receive current and accurate lab results that you can share with your doctor. We hope you take advantage of this free service.**

## DoD NAF Health Benefits Program

[www.nafhealthplans.com/wellness/health-incentive-program](http://www.nafhealthplans.com/wellness/health-incentive-program)



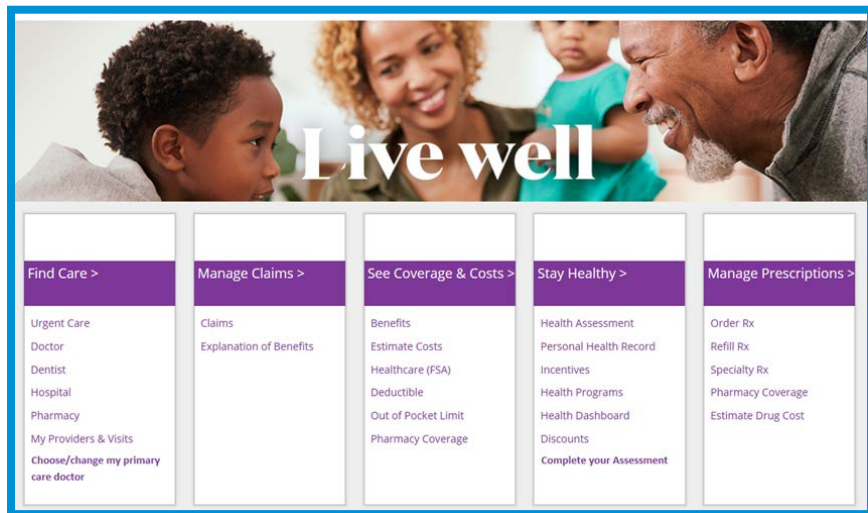
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# How to Access Aetna “Journeys” and Health Assessment For Health Incentive Credits (HIC)

Each year, you can earn a \$75 HIC for completing the Health Assessment. You can also earn \$75 HIC for each “Journey” you take up to four journeys per year. Each journey is designed to take about 32 days. By the end of that time period, you should have developed a new healthy habit!



Log into Aetna Navigator at [www.aetna.com](http://www.aetna.com)

## Health Assessment:

Look under the “Stay Healthy” icon and click on “Health Assessment”.

## Journeys:

Look under the “Stay Healthy” icon and click on “Health Dashboard” and then “Launch My Programs” on the following page.

**DoD NAF Health Benefits Program**  
[www.nafhealthplans.com/wellness/health-incentive-program](http://www.nafhealthplans.com/wellness/health-incentive-program)