

All eligible employees have been automatic enrolled in the PHMP program and must contact the Call Center to receive information, confirm or Opt-Out of the program.

PLEASE CALL 866-673-2140



Proactive Health Management Plan [PHMP]

More Spendable Income, Improved Health, Tools to Save on Health Care, Added Insurance Protection– No Net Cost!

Tax Savings – Plan Cost = Paycheck Increase

The Proactive Health Management Plan begins with the election to pay for the PHMP premium through Section 125 payroll deduction (pre-tax) which reduces your taxes. A claim payment is credited to your paycheck for your participation in an activity each month. The Premium minus the benefit equals the cost. If the tax savings exceeds the cost then there is a positive increase to the paycheck!



It's as Easy as One Monthly Participation Activity



Participate in one or more of the seven participation activities each month to receive your claim benefit payment. The interactive PHMP member portal, email communications and calls will help you stay engaged and track your progress.

The Benefits of the PHMP and Included Price Comparison Tools were designed to provide you with valuable benefits at no cost!



Benefits of the PHMP

Participation Activities

- Health Risk Assessment
- Telephonic Coaching
- Telemedicine
- Biometric Screening
- Dietary Assistance
- Online Health Lessons
- DNA Screening

Non-Participation Benefits

- \$100 Per Day up to 5 days*
 - Hospital Daily Indemnity
- \$50 per test up to \$250
- Bone Marrow Testing
- Stress Test
- CA 15-3
- Chest X-Ray
- PSA
- Serum Protein Electrophoresis
- Breast Ultrasound
- Thermography

Price Comparison Tools

- Medical Provider Price Comparison Tool
- Prescription Drug Price Comparison Tool

*Some states require a maximum of 31 days (\$3,100) per year.