



FAQs About HIP :

Q. What is the HIP Program?

A. “HIP” stands for “Healthy Incentive Program”. It is a way TeamstersCare rewards eligible *Active Members and their Spouses* for participating in preventive health screenings and other wellness activities. Participation in these healthy activities is rewarded with “*reimbursement dollars*” which you accumulate in your HIP account. Then, you can use what you have earned in your HIP account for reimbursement of certain out-of-pocket health care costs.

Q. What are some of the screenings and activities that earn HIP *reimbursement dollars*?

A. *Active Members and their Spouses* may complete any of the activities or screenings listed below to earn HIP “reimbursement dollars”. These items must be completed between January 1, 2010 and December 31, 2010. A complete list is available on the TeamstersCare website @ www.teamsterscare.com.

Earned HIP Reimbursement Dollar Amount	Healthy Incentive Program (HIP) Activities/Screenings Must be completed January 1, 2010 - December 31, 2010
\$200	Lose 15% of your body weight
	Complete a road race/walk, 5 miles or longer
	Complete bike race or bike-a-thon, 50 miles or longer
\$150	Have a screening mammogram
	Have a prostate cancer screening
	Have a colonoscopy
	Complete a smoking cessation program
	Enroll in a disease management program
\$100	Lose 10% of your body weight
	Complete a road race/walk, 3 mi or longer
	Complete a bike race or bike-a-thon, less than 50 miles
	Have a routine physical exam
	Have a skin cancer screening
\$50	Have a Pap screening
	Have a preventive Dental exam and cleaning
	Have a TeamstersCare Audiology hearing screening
	Have a face-to-face visit with TeamstersCare Mental Health (Employee Assistance Program/EAP)
	Attend 4 or more RAFT meetings (verified by Program Director)
	Schedule and meet with a TeamstersCare Pharmacist for medication review
	Complete a yoga/meditation program

Q. Which Health Care expenses qualify for reimbursement?

A. Generally, you can draw on your HIP account for reimbursement of out of pocket medical, pharmacy or dental expenses for you or your eligible dependents that would normally be tax deductible and that would incur copays. Complete details are available on our website @ www.teamsterscare.com under HIP.

Q. How many HIP *reimbursement dollars* can I earn?

A. The maximum HIP benefit for 2010 is \$300 per family for Active TeamstersCare Members who are eligible for TeamstersCare benefits.

Q. Which family members can earn reimbursement dollars?

A. The eligible Active member and/or spouse may complete the activities or screenings to earn *reimbursement dollars*.

Q. If I complete a healthy activity, will I automatically receive a check for the earned HIP dollar amount?

A. No. The HIP Program is a *reimbursement benefit*. The Active Member must obtain a HIP claim form, complete the activity/screening section, provide documentation, and then submit out of pocket health care receipts in order to receive a *reimbursement check*. All activities must occur during a period when the Active Member or spouse is eligible for TeamstersCare benefits.

Q. Where do I get a HIP claim form?

A. HIP claim forms are available on the TeamstersCare website @ www.teamsterscare.com under "Forms", at any of our TeamstersCare Offices, or by calling Member Services @ 617-241-9220 X2.

Q. What type of documentation do I need to submit as proof that we completed approved activities? For example, I completed a three mile walk-a-thon and my wife recently had a mammogram...

A. TeamstersCare can confirm any activity processed through one of our HMO's or at a TeamstersCare Office (Dental, Audiology, Pharmacy, Mental Health, or RAFT). Any other activity will require proof of participation. So, for the mammogram simply provide us with the date and we'll do the rest; for the walk-a-thon, send us any proof of participation which includes your name, the date, and the activity.

Q. What type of receipts do I need to send in with the HIP claim form for reimbursement?

A. You must submit *copies of itemized receipts* with the patient's name, provider's name, date of service, and amount paid. For Delta Dental reimbursements, we need a copy of the Delta Dental Explanation of Benefits. Canceled checks or credit card receipts are not acceptable, as they do not provide adequate detail for processing claims. *Please note that both HIP activities and expenses must occur during your period of eligibility with TeamstersCare.*

Q. Okay, I've completed a HIP activity and filed a claim for HIP reimbursement. When may I expect a reimbursement check?

A. Checks are issued to eligible Members at the end of every other month starting January 31st, March 31st, etc. You may submit a HIP claim for eligible 2010 activities no later than March 31st, 2011.

Q. Can I carry over any unused *reimbursement dollars* into next year's HIP account?

A. No. The HIP Program is a "use it or lose it" benefit. All HIP claims for activities related to the 2010 HIP program must be received no later than March 31, 2011.

So, get HIP, get active, and get healthy!