



# Reward Yourself

## 2024 Healthy Living Incentive

The healthy living incentive is about helping you and your family lead healthier lives. Besides the physical benefits you gain with good health, NV Energy offers Local 1245 represented employees a financial benefit up to \$1,800 for taking three steps: getting a biometric screening, taking the Aetna online health assessment and being tobacco-free.

Maybe your results will reveal changes you need to make to improve your health, or perhaps they will confirm you're as healthy as you feel. Either way, if you complete the required steps by the deadline, NV Energy will reward you with your 2024 healthy living incentive.

### How much can you earn?

To receive the healthy living incentive in 2024, you and your covered spouse (if enrolled in an NV Energy medical plan in 2023) must participate. Your annual healthy living incentive amount is based on your 2023 NV Energy medical coverage tier (employee only, employee + spouse, etc.) and the steps both you and your spouse (if applicable) complete in the program.

Annual Healthy Living Incentive Paycheck Credits*	Employee Only	If You Cover:	
		Employee + Spouse or Child(ren)	Family
Get a biometric screening and take the Aetna online health assessment	\$300	\$600	\$900
Be tobacco-free (or complete a tobacco cessation program)	\$300	\$600	\$900
TOTAL	\$600	\$1,200	\$1,800

\*The healthy living incentive paycheck credit amounts listed are annual. Actual paycheck credits are prorated and earned on a per paycheck basis.

Look better, feel better, and reward yourself for doing it!

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**IMPORTANT**  
No one at NV Energy will ever see your personal health information. All information gathered through health screenings and the health risk assessment is completely confidential.

2024 Annual Enrollment Is October 16 Through October 27, 2023.  
Detailed information and enrollment instructions will be emailed to your work email in October 2023.

Local 1245 Represented Employees 10-2023



Take 3 Steps to Save...

See inside for details about how you can receive up to \$1,800!

Local 1245 Represented Employees 10-2023

### Onsite Biometric Screening Locations

The fastest way to get a free screening is to attend one of the onsite events that will be offered at many NV Energy locations.

Locations, dates and times will be announced and available on **My.QuestForHealth.com**. Remember, you must make an appointment for an onsite screening anytime between **October 1 and November 1, 2023**.



NV Energy Benefits Department  
PO Box 98910  
Las Vegas, NV 89195-0424







### What Is a Biometric Screening?

A screening includes measurement of your height, weight and blood pressure, followed by a blood draw. Your blood is tested for cholesterol, nicotine and diabetes risk factors. Fasting is not required, but recommended. Drink plenty of water and be sure to take all of your regularly scheduled medication.

### Nicotine Test

Quest Diagnostics has developed a customized test for the presence of a substance called cotinine. Cotinine testing identifies the presence of nicotine in the bloodstream, which indicates the use of tobacco products, including nicotine replacement therapy and exposure to environmental tobacco smoke.

## Here’s How It Works

To receive the healthy living incentive in 2024, Local 1245 represented employees **(and spouses, if covered under an NV Energy medical plan in 2023)** need to:

- 1 GET A BIOMETRIC SCREENING**  
A simple blood test — including a test for the presence of nicotine — and blood pressure/ height/weight/ check by November 18, 2023.
- 2 COMPLETE THE AETNA ONLINE HEALTH ASSESSMENT**  
by November 30, 2023. Use the results from your biometric screening to complete the health assessment.\*
- 3 BE TOBACCO-FREE**  
or complete Aetna’s tobacco cessation program by May 1, 2024.

*\*To maintain the incentive, you must agree to participate in Aetna’s Care Management program if you’re invited.*

*Don’t miss out on better health and the chance to earn your healthy living incentive!*

## 1. Get a Biometric Screening

A biometric screening is a quick and easy way to get a big-picture look at your health and learn your important health numbers. **Screenings are completely confidential.** Quest Diagnostics® follows the highest privacy standards to make sure your health information is secure and protected. Your personal health data will never be shared with NV Energy.

### Schedule an Appointment...

Starting October 1, 2023, make an appointment for you and your spouse (if enrolled in NV Energy medical benefits in 2023) to get your screening. **Make your appointment sooner rather than later** so you can get the time slot that works best for you.

- **Online.** Go to **My.QuestForHealth.com**. You’ll get your screening results faster when you schedule online.

– OR –

- **By phone:** Call **855-623-9355** to speak with a Quest Diagnostics representative.

### ...And Pick Your Location

You can choose where to get your screening. Just be sure to make your choice *when you schedule your appointment*.

- **Onsite.** You can schedule an onsite screening appointment anytime between October 11 and November 1, 2023, for screenings starting October 19, 2023. Quest Diagnostics providers will be at many NV Energy locations. Your spouse enrolled in 2023 can also schedule an onsite screening appointment.

– OR –

- **At a Quest Diagnostics Patient Service Center (PSC):** You and your spouse (enrolled in 2023) can schedule an appointment at a PSC anytime starting October 1, 2023. The last day to get a screening is November 18, 2023. Be sure to go to a PSC that performs biometric screenings. (To see a list of PSCs, go to **My.QuestForHealth.com**.)

## How to Register and Schedule an Appointment Online

If you used the Quest Diagnostics Quest for Health website last year, you will need to use the same username and password login. Forgot username and/or password? Click “Reset Password” or “Forgot Username” and follow the instructions.

If you are new to the Quest Diagnostics Quest for Health website, follow these steps:

- 1. Go to **My.QuestForHealth.com**.  
— Click the “Register Now” button.  
— Enter the registration key: **NVEnergy**
- 2. Enter your employee ID number (5 digits only) and your date of birth **(for spouses use employee ID + S; Example: 12345s)**.
- 3. Create a username, password and confirm your password.
- 4. Verify and complete all of the information under “Personal Information” and “Mailing Address.”
- 5. Click “Get Started” to go to the Screening homepage.
- 6. Click “Participate Now” to schedule your biometric screening appointment.
- 7. Decide whether you’ll get your biometric screening at NV Energy or at a PSC, then select a screening **location, date and time**.
- 8. Verify all the appointment details are accurate.
- 9. Select the green “Confirm” button.
- 10. Click the green “Download Appointment Calendar” link to add the appointment reminder to your calendar.

## 2. Complete the Aetna Online Health Assessment

The Aetna online health assessment asks a series of questions about your health and lifestyle and provides suggestions for actions you can take to live a longer, healthier life. You’ll then need to complete a **new** health assessment by November 30, 2023. Your spouse, if covered under your medical plan in 2023, must complete the health assessment as well.

Go to **aetna.com**. From the home page click the “Health and Wellness” link on the top of the page. In the Stay Healthy box click the “Access Wellness” link. Be sure to take a **new health assessment** by clicking on the “Complete a Health Assessment” link, clicking “Launch My Health Assessment” and choosing “**Start New**” in the drop-down box. After you’ve answered the questions, be sure to “View your Health Assessment Summary.”

Your health assessment results also help you pinpoint which Aetna Care Management programs you should take advantage of in 2024. To get the healthy living incentive, you must participate in the Aetna Care Management program if you are invited.

## 3. Be Tobacco-Free

To receive the tobacco-free healthy living incentive, both you and your spouse (if covered under the medical plan in 2023) must have nicotine-free blood tests.

### Ready to Quit Tobacco?

Good! You (and your spouse, if applicable) can receive the tobacco-free healthy living incentive if you complete Aetna’s tobacco cessation program through Healthy Lifestyle Coaching by May 1, 2023. You (and your spouse, if applicable) must complete six telephonic coaching sessions. Aetna will track your completion and notify NV Energy on your behalf.

*Don’t wait until the last minute! This program takes time to complete.*

## Your Biometric Screening Results

Once the lab tests your blood sample, you’ll receive your results, including normal ranges and a brief description of the tests.

- If a participant completes their screening at a PSC, it takes about 1 to 3 days after a participant completes their screening for their results to report out to their account online.
- If a participant downloads the Physician Results Form to take to their primary care physician then they would be required to enter their email address at that time. If for any reason the physician form is rejected a notification will be delivered via email. Once a corrected physician form is returned to Quest, processing times can take about 10 days for online results and about 3 weeks for a hard copy of the results to be mailed to the home address on file.
- If you include an email address during registration, you’ll be notified when your results are ready to be viewed online (typically within 3–5 business days after your screening). We recommend this option.
- Otherwise, look for your results in the mail within two weeks.

**Remember, your results are completely confidential. No one at NV Energy will know your personal results.**

### Attention, Spouses!

You **must** complete your online health assessment using your own Aetna account.

Here’s how to register:

- 1. Visit **aetna.com** and click “Member Login” in the top right.
- 2. On the “Don’t have an account?” section, click register. Complete your personal information. Choose a user name and password and provide an email address for notifications.
- 3. Once you read and approve the terms and conditions, click “Continue” to complete your profile and create your account.