

# CPSB EMPLOYEE/RETIREE WELLNESS PREVENTIVE CARE INCENTIVE

## FREQUENTLY ASKED QUESTIONS

### Q. What is a FULL TIME CPSB Employee?

A. An employee who is paid on the last working day of the month, an employee **eligible for** (not enrolled in) employee benefits (i.e. Health insurance, life insurance, etc.)

### Q. Do I have to be enrolled in CPSB health insurance plan?

A. Retiree – YES                      Active - YES

### Q. How do I enroll in the Preventive Care Incentive Program?

A. Complete the Wellness Enrollment/Service Points Form. Forms are available online at [www.cpsb.org](http://www.cpsb.org) - under Risk Management Department – Health Insurance/Benefits – Wellness. You may submit by emailing [wellness@cpsb.org](mailto:wellness@cpsb.org), fax 217-4241, inter-office mail or come by Risk Management Department (RM).

### Q. What is the Preventive care incentive?

A. If you complete all requirements, you will receive 10% off the **EMPLOYEE/RETIREE** (not dependent) portion of health insurance premium at our May 1, 2026 renewal.

### Q. Can I get a discount on my spouse/dependent if they complete both requirements?

A. No. Spouse/dependents are not eligible to participate in this program.

### Q. If I miss the CPSB Health & Wellness Fair, can I still participate in this program?

A. Yes.

### Q. Do I need to submit any documentation for my biometric screenings?

**A1. Complete Biometric Screening at CPSB Health & Wellness Fair:** NO. CHRISTUS OCHSNER will provide CPSB a list. CPSB will NOT receive any results of the screenings.

**A2. Complete Biometric Screening at my doctor's office:** YES. You will submit the CPSB Wellness Program Verification of Services form signed by your doctor to RM Department, or you may email a copy of EOB or receipt showing services rendered to [wellness@cpsb.org](mailto:wellness@cpsb.org). We are only accepting screenings dated 5/1/25 – 4/30/26.

### Q. Does the 10% discount apply to all Health Insurance Plan options?

A. Yes. It will be 10% off EMPLOYEE/RETIREE (not dependent) portion of the May 1, 2026 renewal premium for all plans. (See below for dollar amounts per plan – current year is 5%)

### Q. How can I verify my accumulated points?

A. Contact Risk Management @ 217-4240 ext. 3008 or email [wellness@cpsb.org](mailto:wellness@cpsb.org).

### Q. How do I get credit for services performed by my doctor?

A. You will need to submit the CPSB Wellness Program Verification of Services form signed by your doctor to RM department, or you may email a copy of EOB or receipt showing services rendered to [wellness@cpsb.org](mailto:wellness@cpsb.org).

### Q. When are the employee health-related informational seminars?

A. CPSB will post the dates/times/locations of each session on [www.cpsb.org](http://www.cpsb.org) under Risk Management Department – Health Insurance/Benefits - Wellness.

**Example:** Based on the May 1, 2025 renewal, the discount (regardless number of dependents) would be:

**NOTE: This is only an example. Discounts will be recalculated on May 1, 2026 renewal.**

Employee/Retiree High Plan (\$403.34 x 5%) = \$20.17

Retiree High Plan w/Medicare A & B (\$263.53 x 5%) = \$13.18

Employee/Retiree Mid Plan (\$284.13 x 5%) = \$14.21

Retiree Mid Plan w/Medicare A & B (\$185.64 x 5%) = \$9.28

Employee/Retiree Low Plan (\$201.69 x 5%) = \$10.08

Retiree Low Plan w/Medicare A & B (\$131.77 x 5%) = \$6.59

Employee/Retiree PPACA Plan (\$114.17 x 5%) = \$ 5.71

Retiree Medicare Advantage (\$115.14 x 5%) = \$5.76 EXPIRES 12/31/25

Retiree Medicare Advantage (Available Fall 2025) AS OF 1/01/26