

HEALTH ASSESSMENT

Complete an annual Health Assessment by December 4, 2020, to be eligible for a co-premium reduction in 2021!



EXPRESS LANE to Good Health

Rocky Mountain UFCW Unions &
Employers Health Benefit Plan
Healthcare Management Program

- **If you have UnitedHealthcare/UMR coverage in 2020:** Go to www.umar.com via your computer or mobile device. Then log in or register and look for the “Clinical Health Risk Assessment.”
- **If you have Kaiser coverage in 2020:** Go to www.kp.org, log in or register, click on “Health & wellness,” “Programs & classes,” and then “Total Health Assessment.”

Want a paper assessment? Contact the Plan Office.

Your responses to the Health Assessment are strictly confidential. To be eligible, you must be an active participant or the covered spouse of an active participant. Special rules apply for newly eligible participants. Pre-65 and non-Medicare retirees may complete assessments but are not eligible for premium reductions.

FREE FLU SHOTS



For eligible participants in the UnitedHealthcare/UMR Plan with prescription drug coverage through Express Scripts

- **Albertsons, City Market, King Soopers, or Safeway**—no claim to submit
- Other Participating Network Pharmacies—pay for shot, submit claim
- Special rules apply if you are under 18; see your SPD for more information.

For eligible participants in the Kaiser Permanente HMO Plan

- You also have access to free flu shots. Contact Kaiser Permanente for information.

**MORE
INFO**

- Express Scripts: www.express-scripts.com or 844-863-5330
- Kaiser Permanente: kp.org, 800-632-9700 or 303-338-3800
- Plan Office: 303-430-9334 or 800-527-1647