

Wellness Benefits

You only have one life to live, so live it well. Your health and well-being are important, not only to you and your loved ones, but also to Air Liquide. It's why we offer you a choice of health care plans and a variety of wellness programs. But they can't help if you don't use them.

Take advantage of all the free programs, tools and resources to improve or maintain your health:

Healthy Elements

Active & Fit Direct™

Aetna Concierge Service

Aetna Custom Care Management Program

Aetna Informed Rewards

Air Liquide Healthcare Advocacy Team

Best Doctors

Employee Assistance Program (EAP)

NurseLine

Smoking Cessation

Teladoc®



Wellness Benefits

Be Well



Healthy Elements

Chief among Air Liquide's many programs and services to help you get well and stay well is our **wellness program**. The cornerstone of Healthy Elements is the completion of a biometric screening and online health assessment for which you earn a financial incentive. These activities are incentivized because they are designed to help you evaluate and understand your health risks, so you can make healthy choices and proactively obtain the care you need.

2021 Healthy Elements Incentives

Your Medical Plan	Your Incentive	How to Get Yours
Choice Value Plan or Choice Savings Plan	\$250 (individual); \$500 (family)	Receive the Wellness Contribution to your HSA when you (or you and your spouse or domestic partner, if he or she is enrolled in the plan) complete your Healthy Elements biometric screening and online health assessment
Standard PPO, Select ACO, Kaiser HMO or no Air Liquide medical plan	\$250 (employee)	Receive your incentive as a taxable cash payment when you complete your Healthy Elements biometric screening and online health assessment

Remember!

Wellness Contributions to your HSA count toward the annual IRS limits for 2021:

- **\$3,600** (individual)
- **\$7,200** (family)

Not Enrolled in Air Liquide Medical Coverage?

You can still receive a \$250 taxable cash payment when you complete the Healthy Elements activities. That's because a biometric screening and online health assessment can give you a picture of your overall health, so you can take steps now to prevent or treat a chronic condition, such as high blood pressure. And, they can help you identify factors and lifestyle behaviors that might be putting your health at risk.

You Still Have Time to Get Your 2020 Healthy Elements Wellness Incentive

You have until Nov. 15, 2020, to earn your wellness incentive for completing your online health assessment. You can also participate in wellness challenges to earn Above and Beyond points. Visit the Air Liquide Healthy Elements Wellness Portal at **www.assethealth.com/airliquide** for information on wellness challenges, scheduling your biometric screening and taking the online health assessment.

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Active & Fit Direct™

The Active & Fit Direct gym membership program provides access to participating fitness centers across the country for \$25 a month. View more details at www.perksatwork.com.



Aetna Custom Care Management Unit

Your health is important. But navigating the twists and turns of the health care maze can take the focus off your health — leaving you frustrated. With the Custom Care Management Unit, you have someone in your corner. You'll receive one-on-one attention from your own health care advocate nurse — someone to help you work better with your doctor, help you get the follow-up care you need and more.

If you have an ongoing condition or end up in the hospital, you don't have to figure out next steps. They will call you. You'll also build a lasting relationship of trust with one health care advocate nurse who knows your case best, so they can act on your health needs quickly — and with your interests in mind.

Visit www.aetna.com or call **866-449-6495** to find out more about Aetna's Custom Care Management Unit.



Aetna Concierge Service

If you need help understanding and using your medical coverage, Aetna's Concierge Service is there to help. This free service makes it easy for you to learn about and use your Aetna-administered coverage — Choice Value Plan, Choice Savings Plan, Standard PPO or Select ACO.

Aetna's Concierge Service can help you:

- Select a doctor
- Better understand your coverage
- Get answers to questions about a diagnosis
- Plan for an upcoming treatment

A concierge can also walk you through Aetna's online tools that you can use to:

- Find a doctor
- Estimate the cost of care and track health care expenses
- Learn more about medical conditions
- Make payments to your health care providers

To use the Aetna Concierge Service, call the number on the back of your member ID card (**866-449-6495**) and ask for the Concierge or visit www.aetna.com.

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Aetna Informed Rewards

This price transparency and rewards program lets you compare costs for procedures like MRIs, X-rays, colonoscopies and ultrasounds. When you choose an eligible lower-cost care option, you'll receive a reward.

To search for eligible procedures:

- Visit **www.aetna.com** and log in to your member account
- Go to the "Find Care & Pricing" section
- Choose a procedure

You'll see a list of providers and the estimated costs associated with each. If the cost of the procedure falls below the predetermined amount and is eligible for a reward, you'll see a purple button with a gift box icon and the amount of the reward. (Reward amounts vary by procedure and are between \$25 and \$75.) You'll press the purple button to activate the reward. For more information, visit **www.aetna.com**.



Air Liquide Advocacy Health Pro

The health care pro at Alight can help you manage a variety of issues:

- Answer health care benefit questions
- Verify coverage for care
- Resolve medical billing issues
- Schedule medical appointments

Call **Sydney McDonald**, our personal Alight Health Pro consultant, at **800-513-1667, ext. 2905** or visit **sydney.mcdonald@alight.com** for help addressing health-related claim and access issues.



Best Doctors

Imagine having "America's Medical Dream Team" taking care of you. We give you access to the best medical minds in the world through Best Doctors. This free and confidential service provides expert medical reviews to help you make confident medical decisions about conditions, procedures and treatments. Visit **www.bestdoctors.com/members** or call **866-904-0910** for help finding a new doctor in the Aetna network who is also in the Best Doctors network.

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Employee Assistance Program (EAP)

Aetna's EAP is a confidential resource to help you and your immediate family members manage a wide range of personal circumstances. You and your family members are eligible for up to five counseling sessions per issue per year with licensed network professionals at no cost. Counseling sessions are available face to face, by phone or by televideo. The EAP also gives you unlimited access to phone and web-based resources. Call Aetna Resources for Living at **888-238-6232** or visit **www.mylifevalues.com** (Username: Air Liquide Password: eap).



NurseLine

Receive answers to your health questions day and night, 24/7. Access NurseLine online at **www.aetna.com** or call **800-556-1555** to chat with a registered nurse, understand your treatment options, ask medical questions, discuss appropriate medical care or obtain help preparing for a doctor's visit.



Smoking Cessation

For tobacco users enrolled in Air Liquide medical coverage (employee only), enroll in the coaching program and complete six tobacco cessation coaching sessions to receive up to a \$600 Non-Tobacco Use Premium Credit. When you've successfully completed the program, you will receive a payroll contribution of \$50 per month. If you have any other coverage level, all of your covered dependents must be tobacco-free to receive the monthly credit.

Enroll online or by phone with the Healthy Elements Team:

- Online: **www.assethealth.com/airliquide**
- Phone: **855-444-1255**



Teladoc®

Teladoc is a convenient and affordable option for a variety of medical services, including general medical (up to \$40), dermatology (up to \$75) and behavioral health (up to \$160). Visit **www.teladoc.com/Aetna** or call **855-835-2362**.