

NEW iCARE PLUS HEALTH BONUS CRITERIA



Earn an iCare Plus Health Bonus!

You can earn a iCare Plus Health Bonus if you meet the factors described below. If both you and your spouse are covered in iCare, you can earn an additional bonus if your spouse meets these factors too.

Tobacco Use: No

Tobacco products contain a deadly mix of more than 7,000 chemicals; hundreds are harmful, and about 70 can cause cancer. All forms of tobacco use including smoking, vaping, and dipping increase the risk for serious health problems, many diseases, and death. Although the health benefits are greater for people who stop using tobacco products at earlier ages, there are benefits at any age.

HDL: Greater than or equal to 40

High-density lipoprotein (HDL) is known as the “good” cholesterol because it helps remove other forms of cholesterol from your bloodstream.

Higher levels of HDL cholesterol are associated with a lower risk of heart disease.

A1C: Less than 5.7

A1C, also known as glycated hemoglobin or HbA1C, measures the percentage of glycosylated hemoglobin in your blood and a A1C blood test gives your doctor an overview of your average blood glucose control over the past 2-3 months. While the A1C test is not new, doctors now recommend it as a tool to diagnose diabetes.

Triglycerides: Less than 150

Triglycerides are a type of fat (lipid) found in your blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. The triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals. If you regularly eat more calories than you burn, particularly “easy” calories like carbohydrates and fats, you may have high triglycerides (hypertriglyceridemia).



Anyone hired after July 3rd, will not be eligible for the Health Bonus, and will automatically be eligible for iCare medical for the 2019 plan year.

Schedule an appointment with your CareATC provider to go over your results:

Log in at patients.careatc.com or call **800.993.8244** or download the **CareATC App!**