

Healthy County *Healthy You*

Henderson County
Wellness Incentive Program



2026 Plan Year



TEXAS ASSOCIATION *of* COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Henderson County Wellness Incentive Program

The Henderson County Wellness Incentive Program is available to employees enrolled in the county's health benefit plan. From Nov. 1, 2025, to Aug. 31, 2026, benefit-eligible employees have an opportunity to qualify for a wellness incentive.

The Wellness Incentive Program is voluntary, and employees are not required to participate in order to be covered under the Henderson County health benefit plan. However, employees who opt out of the Wellness Incentive Program will pay up to a \$50 monthly health benefits contribution (up to \$600 annually) toward their 2026-2027 health plan costs.

Employees who complete the wellness activities in the chart below will receive the corresponding wellness incentive.

WELLNESS ACTIVITIES: Nov. 1, 2025 – Aug. 31, 2026	WELLNESS PROGRAM INCENTIVE
Annual Physical Exam: Obtain an annual physical with a network provider by Aug. 1, 2026 .	Avoid \$25 monthly health benefits contribution
Tobacco Certification: Certify as a tobacco nonuser OR complete a six-week tobacco cessation program by Aug. 1, 2026 .	Avoid \$25 monthly tobacco contribution

Take Action! — Nov. 1, 2025 to Aug. 31, 2026

Get an Annual Physical Exam (or Well-Woman Exam)

Rather than treat a condition after it has progressed, preventive care aims to head off disease. Getting an annual checkup is important to maintaining good health and preventing disease.

Obtain an annual physical exam by Aug. 31, 2026 to avoid a \$25 monthly health benefits contribution.

Physician visits for only lab work do not meet the requirements for the Wellness Incentive Program.

Preventive Exam Covered at 100%

Preventive exams are covered at 100% and are not subject to a copay unless additional health concerns are addressed during the visit, which may prompt an office visit copay.

Annual Physical Exam Verification Form

Employees can complete the Annual Exam online verification on your WebMD ONE Rewards page.

1. Log into the WebMD ONE portal at **county.org/webmdone** or **mybenefits.county.org**
2. Click the **Rewards** tab.
3. Select **Henderson County Rewards**.
4. Click **Annual Physical**.
5. Enter exam date and click **Submit**.

New Hires

If your county health coverage begins on or after May 1, 2026, you are not eligible to participate in the Wellness Incentive Program this plan year, and no surcharges will apply.

Certify as a Tobacco Nonuser or User

Follow the instructions below to complete the online tobacco certification to certify as a tobacco user by Aug. 31, 2026. **Only tobacco nonusers will need to certify. Tobacco users will need to complete a six-week tobacco cessation program.**

Tobacco products include, but are not limited to, cigarettes, cigars, pipes, chewing tobacco, snuff and all forms of smokeless tobacco, as well as any other smoking device that uses nicotine.

Tobacco nonusers who certify by Aug. 31, 2026, will avoid the \$25 monthly tobacco contribution. Tobacco users will need to complete a tobacco cessation program, listed below, by Aug. 31, 2026, to avoid the \$25 monthly tobacco contribution.

Tobacco Certification Form Instructions for Tobacco Nonusers:

1. Log in to the **Healthy County WebMD ONE portal** at www.county.org/webmdone or mybenefits.county.org.
2. Click the **REWARDS** tab at the top of the page.
3. Select **HENDERSON COUNTY INCENTIVE** in the drop-down list underneath Rewards.
4. Click **TOBACCO CERTIFICATION**.
5. Enter date and click **SUBMIT**.

Tobacco Cessation Programs for Tobacco Users:

Tobacco users can participate in either the Well onTarget® telephonic or online tobacco cessation programs to avoid the \$25 monthly tobacco contribution. The cessation programs are **six weeks** long and guide you through the process of quitting tobacco permanently. Please note: The online program is six weeks long, and the participant is required to check in daily. **The tobacco cessation course must be completed by Aug. 31, 2026.**

To enroll in the telephonic tobacco cessation program:

1. Call **Well onTarget® Coaching** at (877) 806-9380.
2. Ask to enroll in the **Tobacco Cessation Program**.
3. Let your coach know that the program will need to be completed by **Aug. 31, 2026**.

To enroll in the online tobacco cessation program:

1. Log in to mybenefits.county.org.
2. Scroll to the **My Vendors & Other Sites** section.
3. Click the **Go to Blue Cross Blue Shield Member Site** link.
4. Click the **Well onTarget®** link in the **Wellness section**.
5. In the Well onTarget® portal, click the **Menu Button**.
6. Click **Self-Management Programs**.
7. Choose **The Quitting Tobacco Program** and enroll.

To view your completion certificate for the online tobacco cessation program:

1. Follow steps 1-5 from above.
2. Click **Certificates**.

Healthy County How-To Guide

Please follow the instructions in our **HOW-TO GUIDE** inserted in this brochure to set up your WebMD ONE account, purchase your activity tracker and sync it to the portal.

How can I check if I've completed the wellness incentive requirements?

1. Log in to the **Healthy County WebMD ONE portal** at www.county.org/webmdone or mybenefits.county.org.
2. Click on the **REWARDS** tab at the top of the page.
3. Select **HENDERSON COUNTY INCENTIVE** in the drop-down list underneath Rewards.

Tips for Scheduling Your Annual Physical Exam

- Schedule your appointment with a network provider early so you don't risk missing the Aug. 31, 2026, deadline.
- Ensure your selected provider is a network provider under the **Blue Cross and Blue Shield of Texas (BCBSTX) Blue Choice PPO network**.

- Use the **Provider Finder** at www.bcbstx.com or log in to mybenefits.county.org and select **Find a Provider** under the **BCBS Featured Card**.
- Inform the doctor's office appointment staff that you are scheduling your annual wellness checkup and biometric screening.

Resources

- For questions about your benefits or to find an in-network provider, please contact or access: **Blue Cross and Blue Shield of Texas Customer Service:** (855) 357-5228
- **Healthy County Portal Energized by WebMD ONE:** www.county.org/webmdone
- **Employee Single Sign-On Website:** mybenefits.county.org
- **Healthy County Website:** www.county.org/healthycounty

Are there other options?

If it is unreasonably difficult for you to complete any of the wellness activities in the Wellness Incentive Program due to a medical condition, or if it is medically inadvisable for you to complete such requirements, please email healthycounty@county.org no later than **Aug. 31, 2026**, for a reasonable alternative.



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