Viridian Health Management Summary of Wellness Services

In an effort to support member colleges of the Council of Independent Colleges in Virginia Benefits Consortium ("Consortium") in their promotion of better health among their employees and spouses of employees, Consortium has provided access to a variety of wellness programs and services at no cost to the employee or spouse. These services and programs are available to all full-and part-time employees and are completely voluntary. Enrollment in them is independent of enrollment in any other health plan options provided. The wellness programs may include a health assessment, including the collection of a blood sample and a lifestyle questionnaire, to assist in highlighting the health status and health improvement opportunities for participants and may also include health coaching to assist participants in identifying lifestyle habits and behaviors that may be negatively impacting health and in identifying strategies and activities that may be beneficial for health improvement. In addition, periodic health challenges, campaigns and other activities designed to provide opportunities for individual and group activities and education may be made available. Participation incentives may be, but are not required to be, offered by member colleges. The amount, timing and qualification requirements of any participation incentive are at the sole discretion of the member college and will be lawfully determined. No participation incentives are offered by the Consortium.

All questions, complaints and appeals about these wellness services may be directed to the Plan Administrator as follows.

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