



Healthy Blue LivingSM | Healthy Blue AchieveSM Criteria

Healthy Blue Living HMO	
Health Measure	Wellness Target
Tobacco	Non-tobacco user (must be confirmed by Primary Care Physician through blood or urine cotinine testing)
Weight	Body mass index below 30
Blood Pressure	Below 140/90
Cholesterol	LDL-C below target (based on risk factors: <100, <130, and <160)
Blood Sugar	At or below target (fasting blood sugar or A1C)
Depression	Any depression is in full remission

Healthy Blue Achieve PPO	
Health Measure	Wellness Target
Tobacco	Non-tobacco user (must be confirmed by doctor through blood or urine cotinine testing)
Weight	Body mass index below 30
Blood Pressure	Below 140/90
Cholesterol	Low-density lipoprotein (LDL) below 160
Blood Sugar	Fasting blood sugar <126 mg/dL or A1C < 8percent

Cost Share Level Definitions - HBL and HBA	
Level	Requirement
Enhanced (lower copayments, coinsurance, and deductibles)	Employee met all of the compliance requirements and health measure criteria or Employee met all of the compliance requirements and is actively participating in the appropriate programs to improve any missed health measures
Standard (higher copayments, coinsurance, and deductibles)	Employee did not meet all of the compliance requirements or Employee is not actively participating in the appropriate programs to improve any missed health measures