

# Wellness Program 2023

for employees hired on or after August 1, 2022

## The Cascade Designs Wellness Program

A strong company cannot exist without healthy employees. The everyday choices we make can help us live healthier, happier, and more fulfilling lives- at work and at home. CDI offers a wellness program to provide you with information about your current health status. Maintaining a healthy workforce will also help us manage healthcare costs and allow us to continue offering a comprehensive benefits program.

### Why Participate?

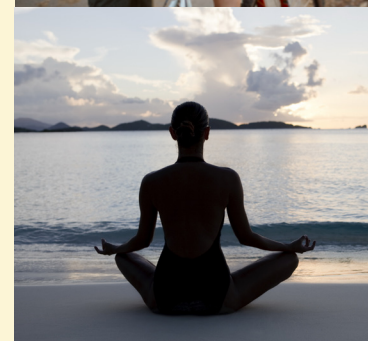
The monthly premium for wellness program participants will be \$25 lower than non-participants (that's a \$300 savings per year!).

### How to Participate

To qualify for the lower premium you need to complete the online RGA health assessment questionnaire within 90 days of your benefit eligibility date. For example, if you are eligible for benefits on May 1, 2023, you have until July 31, 2023 to qualify. You must notify HR once you have completed the questionnaire.

Complete your health assessment questionnaire at [accessrga.com](https://accessrga.com). Click on the myRGA Member Login button, log in, and click on Wellness Hub. It's quick and easy! You'll be asked to enter some health data and answer questions about your satisfaction with your life and job, safety habits, stress levels and how you feel about your overall health.

The questionnaire analyzes your answers and creates a personal health report. The report includes information, recommendations, and connections to health improvement opportunities. The questionnaire can help you identify potential future health issues. You may receive an outreach call from RGA based on your results.



## Frequently Asked Questions

### Who do I contact with questions about the wellness program?

- **WA employees:** Vivian Gould, (206) 676-1439 or [vivian.gould@cascaledgedesigns.com](mailto:vivian.gould@cascaledgedesigns.com)
- **NV employees:** Diana Anaya, (775) 372-6612 or [diana.anaya@cascaledgedesigns.com](mailto:diana.anaya@cascaledgedesigns.com)

### When does the premium discount begin?

The premium discount is for the January 1 - December 31, 2023 health plan year.

You must complete the online RGA health assessment questionnaire within 90 days of your benefit eligibility date to qualify for the discount. Once you have completed the health assessment, you must notify Human Resources so that the premium discount can be applied.

### Will CDI have access to my results?

The wellness program complies with the Health Insurance Portability and Accountability Act (HIPAA). CDI will not have access to your individual results.