Your Plan for Health (YP4H)
Human Resources, Benefits Administration
Wellness at Ohio State
Holistic Support, Engaging Programs, Financial Rewards

Your Plan for Health (YP4H)
Your homebase for health and wellness programs

YP4H Incentive Programs
Premium Health Credit and Health Reimbursement Account (HRA)

Well-Being Resources
Fitness Center, Wellness Discounts, Care Coordination and Health Journeys
Virgin Pulse
yp4h.osu.edu
Your Plan For Health Incentives

**Medical Plan Premium Credit**
Biometric Screening & Personal Health Assessment
- Employee - $25 a month
- Spouse - $15 a month

**Health Reimbursement Account (HRA)**
Earn with participation in programming
- Employee – up to $500 a year
- Spouse – up to $500 a year

Benefit-Eligible Employees, not enrolled in medical can earn up to $120 a year in PulseCash
Health Reimbursement Account (HRA)

• Earn credits through participation in YP4H Activities

• Credits are added to your HRA

• HRA is employer funded account

• Used to pay for eligible health care costs (medical, prescription, dental and vision)
## Your Plan For Health Incentive Opportunities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Incentive</th>
<th>Amount for Enrolled Faculty/Staff and Spouse</th>
<th>Amount for Faculty/Staff Not Enrolled*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete PHA and Biometric Health Screening</td>
<td>Premium Credit</td>
<td>Employee: $25/month, Spouse: $15/month</td>
<td>N/A</td>
</tr>
<tr>
<td>Level 1 (2,500)</td>
<td>Quarterly Reward</td>
<td>$10 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>Level 2 (5,000)</td>
<td>Quarterly Reward</td>
<td>$20 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>Level 3 (10,000)</td>
<td>Quarterly Reward</td>
<td>$30 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>Level 4 (25,000)</td>
<td>Quarterly Reward</td>
<td>$40 HRA</td>
<td>$10 PulseCash</td>
</tr>
<tr>
<td>Complete 2 qualifying activities</td>
<td>Bonus</td>
<td>$100 HRA</td>
<td>$20 PulseCash</td>
</tr>
</tbody>
</table>

*Amount for Faculty/Staff Not Enrolled: N/A

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The Ohio State University

Human Resources
Your Plan for Health **Bonus Programs**

Earn Bonus Incentives for completing **two** of the featured programs below

1. My Care Checklist
2. RethinkCare
3. VP Transform

$100 HRA
YP4H

Popular Programs

Monthly & Quarterly Health Challenges

Personal Journeys, Health Coaching

Mental and Physical Wellness Resources

Healthy Recipes & Meal Planning

Healthy Outcome Race Bonus

Daily Habit Tracking
Your Plan For Health (YP4H)

Getting Started

Step 1: Enroll or waive medical coverage within 30-day window

Step 2: Create YP4H Account

Step 3: Complete Biometric Screening and Personal Health and Wellbeing Assessment (PHA) to earn Premium Credit

Step 4: Participate in YP4H activities and earn HRA Credits

* Quick Start Guide  yp4h.osu.edu/about/quick-start/
Questions

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