

Rosedale Green - Emerald Trace

2026 Wellness Incentive

1/1/2026 - 10/15/2026



Wellness Program Requirements for 2027 Medical Insurance Discount

Rosedale Green and Emerald Trace are offering two wellness programs—**Sonic Boom** and **MedBen Well Living** - **both must be completed by October 15, 2026** in order to earn your wellness incentives, with no exceptions to the deadline. To remain eligible for the 2027 medical insurance premium discount, both the employee and the covered spouse are required to complete a biometric blood draw and a follow-up appointment between January 1 and October 15, 2026. When both individuals complete both steps, a \$25 discount will continue to be applied to your bi-weekly medical insurance premium.



Complete a Biometric blood lab.* Schedule your Biometric blood draw appointment at one of the wellness centers by downloading the My Premise Health app or visiting mypremisehealth.com. Sign in or click “Sign up now” to create your account. Once logged in, click “Schedule an appointment” and select “Biometrics.”



Complete your follow-up appointment or tele visit for lab review. The health and wellness center staff will schedule your follow-up appointment during your blood draw. During your follow-up appointment, your results will be reviewed.

***Biometric blood work can be fasting or non-fasting. Don't forget to increase your water intake 24 hours prior to blood work.**

INCENTIVE DETAILS (for completing both the Biometric blood lab and follow-up appointment) If you and/or your covered spouse choose not to complete both appointments, your bi-weekly premium will be at the non-compliant rate beginning on first payday January 2027.

COVERED EMPLOYEES & COVERED SPOUSES MUST COMPLETE BOTH APPOINTMENTS to continue to receive a \$25 discount on your bi-weekly medical insurance premium.

Employee Only	\$67 Compliant	\$92 Non-Compliant
Employee + Spouse	\$164 Compliant	\$189 Non-Compliant
Employee +	\$149 Compliant	\$174 Non-Compliant
Child(ren) Family	\$246 Compliant	\$271 Non-Compliant

Disclaimer: The above rates are for 2026 and the 2027 rates are subject to change. **Compliant participants can save \$650 in 2027 on medical premiums.**



Schedule your appointment to get started
My Premise Health app | mypremisehealth.com

(877) 685-5883

