

# Save Money and Help Keep Health Care Costs Down

Protect yourself from rising health care costs by taking advantage of every opportunity for savings. Before and after you need care, your Fulton County benefits are designed to save you money on premiums and out-of-pocket costs.

## Wellness Credit for Non-Medicare-Eligible Retirees

You can still reduce your 2025 premium under any of the medical plans by \$20 each month (\$240 per year). Just make an appointment to see your doctor by **mid-December** and complete all of the Anthem or Kaiser requirements (see below) by **December 31, 2024**.

If you have any questions, contact your Wellness Coordinator at [employeewellness@fultoncountyga.gov](mailto:employeewellness@fultoncountyga.gov).

### Anthem Medical Plans

1. **If you have already scheduled your physical**, a biometric screening is included and your information will be registered through your claims.
2. **If you already have another appointment scheduled**, ask your doctor to include your non-fasting biometric labs. Your non-fasting biometric labs include blood pressure, hemoglobin A1C, cholesterol and body mass index.

### Kaiser Medical Plan

1. Visit [kp.org/engage](https://kp.org/engage) and sign on with your [kp.org](https://kp.org) user ID and password.
2. Accept the Wellness Program Agreement.
3. Be up to date with your biometric screening:
  - Your non-fasting biometric screening includes blood pressure, hemoglobin A1C, cholesterol and body mass index.
  - If you are already scheduled for a physical, a biometric screening will be included. Or, you can schedule a nurse visit appointment for a biometric screening only by calling **404-365-0966**.
4. If you have another appointment already scheduled, please ask your doctor to include your biometric labs.

