



How Call to Health Works

It's easy to complete Call to Health, qualify for reduced medical deductible(s) for the next plan year, and work toward becoming your best self.

Beginning Jan. 2, 2026, with the new program year, Call to Health moves to the WebMD ONE platform, featuring new ways to work toward wholeness. Starting Jan. 2, you will need to register for the new program year, even if you previously participated in Call to Health.

Call to Health helps you focus on wholeness in all four areas: spiritual, health, financial, and vocational. By participating, you can qualify for reduced medical deductible(s) for the following plan year.

Why is a reduced deductible better?

A reduced deductible can soften the blow of unexpected medical costs — like an outpatient procedure or emergency room visit. In these situations, you must first pay the annual deductible before the Medical Plan pays benefits.

The *lower* your deductible, the *less* you pay out-of-pocket before the plan pays benefits.

Who's eligible to participate?

You are eligible to participate in Call to Health if you are a Medical Plan member enrolled in the PPO, EPO, or HDHP. Covered spouses may also participate.

The program is not available to employees or spouses enrolled in Triple-S, GeoBlue, or the Humana Group Medicare Advantage PPO plan.

Completing Call to Health

Complete Call to Health and qualify for reduced deductible(s) by completing these three steps, in any order, by the program deadline:

- Take the online Well-Being Assessment.
- Record your preventive exam.
- Earn 500 Call to Health points by completing optional activities that focus on the four dimensions of wholeness: spiritual, health, financial, and vocational.

Required activities

Your preventive exam and an online Well-Being Assessment are required activities toward completing Call to Health.

The preventive exam is required every year for participants ages 50 and up and every 24 months for those under 50. Once your exam has been completed, you must self-report it on the Call to Health platform after you attend the appointment.

The Well-Being Assessment is a holistic online survey that includes questions related to your health, lifestyle, and overall well-being to identify areas of opportunity and support you on your well-being journey.

- **When you complete the assessment**, you receive a custom action plan based on your answers.
- **You can download and print your results**, along with risk and condition reports and a summary for your physician.

The Well-Being Assessment was developed by WebMD according to evidence-based, nationally recognized guidelines and survey best practices, in collaboration with experts at Johns Hopkins University. **Your results are never shared with your employer or the Board.**

Optional activities

In addition to the two required activities, you need to earn a total of 500 points by completing optional activities to complete Call to Health.

Optional activities are organized by one of the four areas of wholeness — spiritual, health, financial, and vocational. The maximum number of points you can earn in each category is 300. This ensures that you experience activities in multiple areas of wholeness.

Daily Habits and Side Quests

Daily Habits and Side Quests, included in the available optional activities, are designed to help you build healthy habits that stick.

Daily Habits offers a personalized set of activities based on your health information and interests, making it easy to stay engaged and accomplish your well-being goals.

Developed in consultation with practicing physicians and clinicians, Daily Habits lets you choose from a variety of activities to help you work toward goals in areas such as:

- Enjoy Exercise
- Keep Stress in Check
- Hypertension
- Cope with the Blues
- Balanced Living

Daily Habits gathers information when you begin working toward a goal and again at goal completion to measure your progress toward changing behavior.

Side Quests are specific activities you select that are designed to encourage small changes. You can:

- customize your goal target, frequency, and duration
- view your progress
- invite others to join you on your journey

Side Quests: Choose Your Own Adventure allows you to establish a personalized schedule and work independently, while receiving guidance on setting attainable SMART goals and staying motivated.

Program rewards

If you complete Call to Health by the deadline, your individual and/or family medical deductibles will be reduced for the following plan year.

Staying engaged with the Call to Health program throughout the year also gives you chances to win prizes through drawings and, in some instances, earn a Tango gift card.

Prize drawings

Prize drawings are held periodically throughout the program year. To be eligible for the drawings, participants need to complete specified Call to Health activities within a certain time frame. For every drawing, five winners will each receive a health and wellness prize package with a retail value of up to \$500.

Tango gift cards

Tango digital gift cards can be earned one of two ways:

- Employees who did not register for Call to Health in the past, and register for the first time in 2026 **and** take the Well-Being Assessment will receive a \$50 Tango card.
- Covered spouses who participate in Call to Health will receive a \$100 Tango card each year they complete the program. Because spouses can earn a Tango card, they are not eligible for prize drawings.

When you earn a Tango card, you'll receive an email from the Call to Health team with a Reward Link to redeem your card. Once you activate the link, the value of your card is available immediately. There's no expiration date, so you can use your Tango card when — and how — you want:

- Redeem it for gift cards from national retailers with a focus on healthy living and well-being.
- Donate the value of your Tango card to certain designated charitable organizations.
- Split the value of your card and spend it on any combination of gift cards and charities

Please allow up to four weeks to receive your Tango card.

Note: If you are redeeming the Tango card for a gift card, you are responsible for reporting the gift card amount as taxable income when filing your tax return. Designation of the Tango card to benefit a charity is considered a charitable deduction for tax purposes.

Related costs

There's **no cost to you** to participate in most Call to Health activities. A few activities, however, may require you to pay limited out-of-pocket costs.

- Preventive dental exam: If you have Aetna PPO dental coverage through the Board, a preventive dental exam is covered at 100% with no deductible.
- Vision exam: You pay a \$25 copay for a routine vision exam from a VSP network provider. If you use an out-of-network provider, submit a claim to VSP to be reimbursed for part of the expense.
- Well-Being Retreat: Participants pay travel and hotel costs.
- CREDO conference: Attendees pay a participation fee.

Your privacy

The Board of Pensions is committed to protecting the privacy of your personal data, including personally identifiable information. All personal health information, including the information you provide when taking the Well-Being Assessment, is protected and secure in accordance with the Health Insurance Portability and Accountability Act (HIPAA), and is collected and used for medical management purposes only.

For details, see [Health Insurance Portability and Accountability Act \(HIPAA\) Privacy Notice](#). No genetic information is collected in the Call to Health Well-Being Assessment.