

**Title 22—MISSOURI CONSOLIDATED HEALTH CARE PLAN**  
**Division 10—Health Care Plan**  
**Chapter 2—State Membership**

**PROPOSED AMENDMENT**

**22 CSR 10-2.120 Partnership Incentive Provisions and Limitations** The Missouri Consolidated Health Care Plan is amending section (5).

*PURPOSE: This amendment revises the requirements to participate in the incentive.*

(5) Participation.

(A) In order to receive the Partnership Incentive, eligible members must complete *[all of the following] MCHCP's health assessment* every plan year for the incentive to be effective the first day of the second month after the requirements are completed[:].

*[1. The Partnership Promise;*

*2. The Health Assessment; and*

*3. The Health Education Quiz. A series of questions administered by MCHCP designed to measure understanding of MCHCP benefits and/or general health knowledge.]*

(C) Eligible members adding medical coverage must complete *[all of the following] MCHCP's health assessment* within thirty-one (31) days of his/her medical coverage effective date (unless otherwise specified) for the incentive to be effective the first day his/her medical coverage is effective[:].

*[1. The Partnership Promise;*

*2. The Health Assessment; and*

*3. The Health Education Quiz.]*

(F) Eligible members who have earned the incentive may earn a *de minimis* gift for completing one (1) or more *[of the following] MCHCP-approved health actions*. An eligible member must report the completion of the health action to MCHCP by December 31 of each plan year, and may receive only one (1) gift per year. *[MCHCP-approved health actions are as follows:*

*1. Receiving a preventive lab screening such as cholesterol and blood sugar;*

*2. Receiving an annual preventive exam;*

*3. Attending three (3) Strive for Wellness<sup>®</sup> sponsored health education or physical activity events;*

*4. Participating in physical activity such as walking, jogging, Zumba, yoga, or weight-training for one hundred fifty (150) minutes each week for three (3) months;*

*5. Standing for at least two (2) hours during each workday for three (3) months; or*

*6. Walking one (1) million steps.]*

*AUTHORITY: section 103.059, RSMo 2016.\* Emergency rule filed Aug. 28, 2012, effective Oct. 1, 2012, terminated Feb. 27, 2013. Original rule filed Aug. 28, 2012, effective Feb. 28, 2013. Emergency amendment filed Aug. 23, 2013, effective Oct. 1, 2013, expired March 29, 2014. Amended: Filed Aug. 23, 2013, effective March 30, 2014. Emergency rescission and rule filed Aug. 29, 2014, effective Oct. 1, 2014, expired March 29, 2015. Rescinded and readopted: Filed Aug. 29, 2014, effective March 30, 2015. Emergency rescission and rule filed Aug. 28, 2015, effective Oct. 1, 2015, expired March 28, 2016. Rescinded and readopted: Filed Aug. 28, 2015, effective March 30, 2016. Emergency rescission and rule filed Aug. 26, 2016, effective Oct. 1, 2016, expired March 29, 2017. Rescinded and readopted: Filed Aug. 26, 2016, effective March 30, 2017. Emergency rescission and rule filed Aug. 31, 2017, effective Oct. 1, 2017, expired March 29, 2018. Rescinded and readopted: Filed Aug. 31, 2017, effective April 30, 2018. Amended: Filed Oct. 25, 2024.*

*PUBLIC COST: This proposed amendment will not cost state agencies or political subdivisions more than five hundred dollars (\$500) in the aggregate.*

*PRIVATE COST: This proposed amendment will not cost private entities more than five hundred dollars (\$500) in the aggregate.*

*NOTICE TO SUBMIT COMMENTS: Anyone may file a statement in support of or in opposition to this proposed amendment with the Missouri Consolidated Health Care Plan, Judith Muck, PO Box 104355, Jefferson City, MO 65110. To be considered, comments must be received within thirty (30) days after publication of this notice in the **Missouri Register**. No public hearing is scheduled.*

*\*Original authority: 103.059, RSMo 1992.*