



STATE OF MAINE
STATE EMPLOYEE HEALTH COMMISSION
61 State House Station
Augusta, ME 04333-0061

Janet T. Mills, Governor

Jonathan French, *Labor Co-Chair*
Michael Dunn, *Management Co-Chair*

Health Premium Credit Program Appeal Form

Name: _____

Date of Birth: _____ Day Time Phone: _____

Home Mailing Address: _____

Department: _____ TAMS ID#: _____

Please review the enclosed Frequently Asked Questions (page 2) and provide a detailed explanation of the events beyond your control that prevented you from completing the Health Premium Credit Program requirements prior to the deadline (attach a separate sheet for additional information if necessary):

Signature: _____ Date: _____

Please return to:

Employee Health Wellness
SEHC Appeals
61 State House Station
Augusta, ME 04333-0061

Or email to: info.benefits@maine.gov

Deadline for submitting appeal:
August 8, 2025

Forms must be received by the Office of Employee Health, Wellness & Workers' Compensation by the deadline noted above.

Phone: (207)624-7380 or 1-800-422-4503
TTY users call Maine Relay 711
www.maine.gov/bhr/oeh

Frequently Asked Questions

1. What was the deadline to complete the requirements for the Health Premium Credit Program?

April 30, 2025, at 11:59pm EST.

2. What were the requirements for the 2025 Health Premium Credit Program?

- 1.) Log on to [WellStarME](#) and
- 2.) Complete the Wellness Questionnaire on [WellStarME](#) and
- 3.) Complete **one** of the following "[My Health](#)" options:
 - Get your numbers from a free-standing lab (Please Note: your primary care provider must send a lab order to your preferred lab.) **OR** get your numbers from your primary care provider
 - **OR** Have a "Well-Being" visit
 - **OR** Receive a Flu Shot
 - **OR** Have an Annual Physical Exam

"My Health" option may be completed between May 1, 2024, and April 30, 2025, at 11:59 PM.

3. What is the premium cost for the health insurance?

The health insurance premium rate sheet can be found at www.maine.gov/bhr/oeh.

4. I have filed an appeal; when will I hear a decision on my appeal?

Each appeal will be reviewed by the Office of Employee Health, Wellness & Workers' Compensation as soon as administratively feasible after the appeal deadline (August 8, 2025). The information will be compiled for the State Employee Health Commission who will meet to review appeals and render a decision. You will then be notified in writing of their decision.