



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: \_\_\_\_\_ Employee 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):

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return to:  
Office of Employee Health, Wellness, & Workers' Compensation  
SEHC Appeal Committee  
61 State House Station  
Augusta, ME 04333-0061

Or email to: [info.benefit@maine.gov](mailto:info.benefit@maine.gov)

**Deadline for submitting appeal:**  
**August 7, 2026**

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

## Frequently Asked Questions

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

April 30, 2026, at 11:59pm ET.

### 2. What were the requirements for the 2026 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, 2025, and April 30, 2026, at 11:59 PM.

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

The health insurance premium rate sheet can be found at [www.maine.gov/bhr/oeh](http://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 7, 2026). 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.