

THE PITFALLS OF INCENTIVIZING EMPLOYEES' HEALTH

News

Jan 23, 2014

[Janet Hendrick](#) was quoted in the *Dallas Business Journal* on January 23, 2014.

Under an Obamacare provision that began Jan. 1, employers can offer employees as much as 30 percent off their health care premium as an incentive for healthy living, an increase from 20 percent previously.

The incentive can reward changes such as losing weight, quitting smoking or exercising at the company gym.

But employers considering amping up their wellness incentives would do well to look before they leap, so to speak.

"Employees today are more aware of their rights under federal statutes designed to protect workers from discrimination," Janet said. "Recent court decisions have expanded the statutory rights for employees."

[Read more.](#)