



QUARTER 3 ENDING

WHAT ACTIVITIES CAN YOU COMPLETE?

Quarter 3 is coming to a close, but there's still time to wrap up any loose ends. Many activities give you the opportunity to earn points multiple quarters. Be sure to take advantage before these points are gone for good!

PROGRAM ACTIVITIES

Points Available EACH Quarter:



Quarterly Activities:

Including 250K Step Challenge, Peer Challenges, and Healthy Events, need to be completed by March 31st, or you could be missing out on up to \$125. (Covered spouses and 65+ Retirees can earn up to \$25)

Points Available Oct. 1-June 30:



Health Coaching:

Health Coaches can empower you to set and reach your health goals, keep you accountable for progress, and advocate for success in your journey to well-being. **Earn \$25 each quarter you complete health coaching.**

Points Available Jan. 1-June 30:



Preventive Care:

Gender and age-specific regular Preventive Care can help find problems before they start—or early on, when chances for treatment and cure are better. Self-report 2 Preventive Care services to earn \$50.

Points Available July 1-June 30:



Member Health Assessment (MHA) & Biometrics:

The Member Health Assessment gives you an overview of your current health levels and can provide direction on what areas of your health need attention. Complete this plan year to earn \$75. Biometrics is the next step that will provide you with exact health numbers including cholesterol, triglycerides, and glucose. Complete this plan year to earn \$100.

Questions?

Contact our wellness partner
at 888-833-5829