

2020 WELLNESS INCENTIVE



WHO: Primary Subscribers and Spouses. Subscriber's spouses may also earn the 2020 wellness incentive by completing the same requirements and submitting a separate wellness tracker.

WHAT: The Wellness Incentive rewards you for engaging in your own health journey. Each participant may earn a \$100 gift card.

WHEN: All activities need to be completed and proof of activities submitted on the STSIG Wellness Tracker by October 31, 2020. The award will be given in December 2020.



Why are we incentivizing health and wellness? We want you to stick around, and healthy members are happy members!

To Earn Your Incentive:

DO THIS:

Mandatory Wellness Exam

-Between November 1, 2019-October 31, 2020

-Although not required, we encourage wellness exams to be completed at **Prestige Urgent Care** which is included in your Prestige membership at no cost.

Woman's Health Exams done at **Prestige Urgent Care** requires an appointment.

Optional -approved wellness labs ordered at **Prestige Urgent Care** between November 1 and October 31 and done at Quest will be at no cost to the member. There is a limit of one set of no cost labs per incentive year.

Labs done at any other lab will be processed through the medical program and member costs may apply.

AND ANY TWO OF THESE:

Mammogram screening

Bone Density test and screening for osteoporosis

Colonoscopy screening/Cologuard

Annual vision screening

Two dental cleanings with oral assessment

Flu Shot between September 1 and October 31, done at pharmacy or District sponsored on-site flu shot clinic.

STSIG Health Fair

Healthy Biometrics (Blood Pressure 130/85 or less AND BMI 29.9 or less)

Accumulate 400 points on Fit Thumb for exercise

JPA-Approved Health Seminar

JPA or District Approved Health Challenge

JPA or District Open Enrollment Meeting

Prestige Urgent Care: 3689 Eureka Way 530-244-4577 or 85 Hartnell Ave. 530-262-6001

Please note:

All wellness activities are tracked by completing and submitting the Wellness Tracker to lgrant@stsig.org or fax to 530-221-6225. Find the tracker form at <http://www.stsigjpa.com/html/Wellness.htm> (bottom of page).

Neither Anthem nor pharmacies will be providing reports to STSIG for wellness activities.

STSIG Wellness Incentive Tracker for activities from November 1, 2019 to October 31, 2020

Employee Name _____ (Please Print Clearly) _____ Employee Incentive form _____ Spouse Incentive form _____
 Spouse Name _____ Spouse must use a separate form for their incentive activities
 District _____ (Do not attached documents with personal health information on it)

Wellness Exam / BMI

Physician's Name _____

Address _____

Phone _____

Date Exam was completed _____

* To be eligible for the BMI and BP incentive below, BMI must be 29.9 or less, BP 130/85 or less.

*Body Mass Index within range: **Yes or No**

*Blood Pressure within range: **Yes or No**

Health Care Provider's Signature:

The wellness exam and the BMI/BP count as separate incentives. If you do both at the same visit you earn 2 incentives and only need one more activity.

You may turn this form as you complete incentives listed or you can wait and turn it in when all three incentives are met.

Activity Options

_____ Flu Shot between Sept. 1 and Oct 31st.

Health Care Provider's Signature:

_____ Mammogram

Health Care Provider's Signature:

_____ Colonoscopy

Health Care Provider's Signature:

_____ Bone Density Screening

Health Care Provider's Signature:

_____ Annual Vision Screening

Health Care Provider's Signature:

_____ Two Dental Cleanings

Health Care Provider's Signature:

Activity Options Cont.

_____ Health Fair: STSIG will record attendance

_____ FitThumb 400 points—STSIG will record points

_____ Attend an Open Enrollment Meeting

Date: _____ - STSIG will record attendance from sign-in sheets

_____ Attend JPA Approved Health Seminar:

Date of Seminar _____

Event Name _____

Instructor's Signature:

_____ Participation in an Approved STSIG or District Health Challenge.

Date of Event _____

Challenge Name _____

District Human Resource's Signature:

Please return this completed form to lgrant@stsig.org or fax to 530-221-6225 by October 31, 2020. If you have any questions call 530-221-6444