



STSIG Wellness Incentive Program

2019

WHO: Primary Subscribers and Spouses. Subscriber's spouses may also earn the 2019 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 by October 31, 2019. The award will be given in December 2019.

HOW: DO THIS:

AND ANY TWO OF THESE:

Wellness exam

- Between November 1, 2018-October 31, 2019
- Although not required, we encourage wellness exams to be completed at Prestige
- Exam to include prostate screening for age appropriate males and a well-women screening for females.
- Approved wellness labs done at Prestige will be at no cost to the member. Labs done at any other lab will be processed through the medical program and member costs may apply

- Mammogram screening
- Bone Density test and screening for osteoporosis
- Colonoscopy screening
- 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 FitThumb for exercise
- JPA-Approved Health Seminar: listed on STSIG website
- JPA or District Approved Health Challenge
- JPA or District Open Enrollment Meeting

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 for wellness activities.