

STSIG Wellness Incentive Tracker for activities from November 1, 2024 to October 31, 2025

Employee/Primary Name _____ **(Please Print Clearly)** ___ Employee Incentive form ___ Spouse Incentive form

Spouse Name _____ Spouse must use a separate form for their incentive activities

District _____ Members enrolled in Medicare during the incentive year are *not qualified to receive the incentive.*

If needed, update your address, phone number, and email with your district office before 10/31. Medical plan enrollment on 10-31-2025 is required.

Wellness Exam - mandatory

Physician's Name _____

Address _____

Phone _____

Date Exam was completed _____

Health Care Provider's Signature:

BP –optional

To be eligible for the Blood Pressure incentive below, BP 130/85 or less.

Is Blood Pressure within the above range:

Yes or No

Health Care Provider's Signature:

You may turn submit this form as you complete incentives or you can wait and turn it in when all three incentives are met before 10/31.

Activity Options

___ One medically recommended vaccine

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.

___ FitThumb 400 points required:
_____ total points

___ Attend an In-person, virtual, or recorded Open Enrollment Meeting

Date: _____

___ Participation in a Pre-Approved STSIG or District Health Challenge or Seminar.

Date of Event _____

Challenge Name _____

District Human Resource's Signature:

Tracker received after October 31st will not be accepted.

Remember to update your mailing address with your district as gift cards can only be mailed to street addresses. PO Box addresses will be delivered to the district offices.

Please return this completed form to Lgrant@stsig.org or fax to 530-221-6225 by October 31, 2025. If you have any questions call 530-221-6444