

# 2021 WELLNESS INCENTIVE



**WHO:** Primary Subscribers and Spouses. Subscriber's spouses may also earn the 2021 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, 2021. The award will be given in December 2021.

## To Earn Your Incentive:

### DO THIS:

#### Mandatory Wellness Exam

-Between November 1, 2020-October 31, 2021

-Although not required, we encourage wellness exams to be completed at **Prestige Urgent Care**.

-Exam to include prostate screening for age appropriate males and a well-women screening for females.

-Approved wellness labs done at **Prestige Urgent Care** will be at no cost to the member - one set of labs per calendar year at no cost.

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](mailto: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.*