

REVISED 2022 WELLNESS INCENTIVE

WHO: Primary Subscribers and Spouses. Subscriber's spouses may also earn the 2022 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, 2022. The award will be given in December 2022.



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, 2021-October 31, 2022

-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 cleaning with oral assessment

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

Covid-19 Test or Covid-19 Vaccine

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

Healthy Schools Act IPM Training

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.