

# 2023 WELLNESS INCENTIVE

**WHO:** Primary Subscribers and Spouses. Subscriber's spouses may also earn the 2023 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, 2023. The award will be given in December 2023.



*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, 2022-October 31, 2023

-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

One 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 Vaccination

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.*