



Be Well. Be Rewarded.

WELL-BEING INCENTIVE PROGRAM 2025

Earn up to

\$200

in well-being incentives!

All employees actively enrolled in the Palm Beach County Board of County Commissioner's UnitedHealthcare (UHC) Medical Plan are eligible to participate. Well-being incentives can be earned January 1 through December 31, 2025. Please follow the steps below to start earning your incentives.

STEP ONE

Complete a Health Screening. Choose to participate:

- At a scheduled workplace event OR
- At any Quest Diagnostics location OR
- By requesting a self-collection kit delivered to your home OR
- Through verification from your doctor's office following an annual physical

Log in at: myUHC.com and click on the "Get Screened" link found on the homepage to schedule and choose your participation method.

If you are unable to register online, please call **1-844-350-4779**.

NOTE For most accurate results, fast 9-12 hours prior to screening. Take any regularly scheduled medications as usual. Drinking water is permissible and recommended during fasting period.

Employees will receive a **\$50 paycheck incentive** following participation.

\$50



IMPORTANT:

Step One must be completed **FIRST** in order to qualify for any additional incentives, up to \$150.

NEXT STEPS

Earn up to **\$150 in gift cards** by completing various health and well-being activities throughout the year. Many preventive visits and screenings, UHC coaching programs, and participation with PBC Employee Well-Being qualify for additional earnings.

**Screenings/exams are contingent upon provider's timely submission of claim to UHC and can be subject to a delay.*

***Employees who completed screenings, Rally health survey, exams, coaching programs, and onsite Well-being activities from January 1, 2025, may count those towards their incentives.*

Employees can earn up to a maximum of **\$150 Gift Cards incentives** for these activities:

\$150

Complete any of the activities below:

	Activities that earn incentives	Criteria
\$75	<ul style="list-style-type: none"> · Annual Well-Visit Exam 	Completion of preventive exam
\$25 per exam/ screening	<ul style="list-style-type: none"> · Annual Well-Woman Exam · Colorectal Cancer Screening · Prostate Cancer Screening · Cervical Cancer Screening · Mammogram · Annual Skin Cancer Check with a dermatologist 	Completion of preventive exam and age/gender appropriate screenings
\$25	<ul style="list-style-type: none"> · Completion of health survey on Rally 	Completion of health survey
\$25 per program (max of \$75/year)	<p>UHC Lifestyle Management Programs:</p> <ul style="list-style-type: none"> · Fit for Life · Quit Tobacco · Weight & Wellness · Sleep Well · Stress Less · Eat Smart · Happiness 	<p>Telephonic coaching</p> <p>Program completion</p> <ul style="list-style-type: none"> · Mediation · Financial Well-being · Diabetes Lifestyle · General Wellness · Healthy Heart · Family Wellness
\$25 (max of \$50/year)	<p>UHC/Optum Chronic Condition management program.</p> <p><i>Qualifies for up to two (2) incentives/year.</i></p>	<p>Telephonic coaching</p> <p>Making progress towards goal</p>
\$25	Participation in at least 5 PBC Employee Well-Being Program activities	Participate in various offerings throughout the year.

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