



Be Well. Be Rewarded.

WELLNESS INCENTIVE PROGRAM 2023

Earn up to

\$150

in
Wellness
Incentives!



All employees actively enrolled in the Palm Beach County Board of County Commissioner's UnitedHealthcare (UHC) Medical Plan are eligible to participate. Wellness incentives can be earned January 1 through December 31, 2023. Please follow the steps below to start earning your incentives.

STEP

1

Complete a Biometric Screening

Log in/register at: **myUHC.com**

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

Complete a biometric health screening through one of the following methods:

- A scheduled onsite health screening event
- At any Quest Diagnostics location
- By requesting a self-administered collection kit delivered directly to your home
- Through verification from your primary care physician's office following an annual physical

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 **\$25 paycheck credit** following participation.

\$25

STEP

2

Complete the online health survey at **myUHC.com**

Employees will receive an **additional \$25 paycheck credit** following completion.

\$25

! IMPORTANT:

Step One and Two must be completed **FIRST** in order to qualify for an additional \$100 in incentives.

STEP

3

Earn up to **\$100 more** for completing additional health & wellness activities. Please refer to the other side for eligible activities.

Incentive Gift Cards will be awarded 30 days after the end of the month in which the activity was completed. Participants will receive an email from **GIFTOGRAM**, allowing a choice from 100s of different restaurants and stores as well as a VISA card.

*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 wellness activities from January 1, 2023, may count those towards their incentives.

Employees can earn up to four **\$25 Incentive Gift Cards** following participation.

\$100

Complete any of the activities below:

Each activity listed below is eligible for a \$25 cash gift card. You may earn a **maximum of \$100 (4 incentives/year)**.

| | Activities that earn incentives | Criteria |
|--|---|---|
| \$25 per exam/ screening | <ul style="list-style-type: none"> · Annual Well-Visit Exam · Annual Well-Woman Exam · Colorectal Cancer Screening · Prostate Cancer Screening · Cervical Cancer Screening · Mammogram | Completion of preventive exam and age/gender appropriate screenings |
| \$25 per program <i>(max of \$75/year)</i> | UHC Lifestyle Management Programs: <ul style="list-style-type: none"> · Fit for Life · Quit Tobacco · Weight & Wellness · Sleep Well · Stress Less · Eat Smart · Happiness | Telephonic or Online coaching Program completion <ul style="list-style-type: none"> · Mediation · Financial Wellbeing · Diabetes Lifestyle · General Wellness · Healthy Heart · Family Wellness |
| \$25 <i>(max of \$50/year)</i> | UHC/Optum Chronic Condition management program. <i>Qualifies for up to two (2) incentives/year.</i> | Telephonic coaching Making progress towards goal |
| \$25 | Annual Skin Cancer Check with a dermatologist | Verified through claims |
| \$25 | Active involvement in the Employee Wellness Program | Attending 20 Wellness offerings in the calendar year including fitness classes, lunch & learns, annual 5k, etc. <i>Participation in each week of a virtual challenge counts as one offering.</i> |
| \$25 | Physical Activity | Ongoing attendance to a fitness center for a minimum of 25 visits. |

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\$25
per activity