

# My Health

## 2021 Wellness Plan

### 1 Bi-Weekly Paycheck Credit

Complete your Biometric Screening and Health Risk Assessment in 2020 and receive:  
\$20 paycheck credit/ per adult  
\$10 paycheck credit if children are covered on BCBST medical plan

*There is a max per paycheck credit total of \$40*

### 2 Earn a monthly Health Reimbursement Account (HRA) incentive with your wellness score

90 and above - \$50 per month  
80 to 89 - \$40 per month  
70 to 79 - \$30 per month

*Participants have the option to earn up to \$200 every quarter. This can be achieved by combining the wellness score incentive with any of the activities below, or just by completing the activities*

### 3 Earn a quarterly Health Reimbursement Account (HRA) incentive by completing personalized wellness activities

#### \$10— Community

Earn this by volunteering in your community, charitable donations, donating blood/plasma, etc.

#### \$20— Education

Earn this by attending classes, online article/quizzes, approved materials by The Center

#### \$30— Financial

Earn this by completing financial workshops, meeting with financial advisor, etc.

#### \$40— Physical Activity

Earn this by going to the gym, steps, joining a My Health challenge, etc.

#### \$150— Coaching or Program completion

Earn this by attending X number of coaching sessions or completing a prevention program