

My Health

2022 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