



FEHB Healthy Living Wellness Incentive Program

Sometimes we all need a little motivation to be healthy. That's why we want to reward you for taking steps toward better health. When you complete one or more of the qualified wellness programs below, we'll reward you with up to \$75 per enrolled member **OR** \$200 per family. This reward will go directly into your Health Savings Account (HSA) or Health Reimbursement Account (HRA) to use toward qualified medical expenses.

Here's the deal. You need to meet all of the following conditions to participate:

- > Enroll on a SelectHealth® Federal Employee High Deductible Health Plan
- > Be at least 18 years of age or older
- > Enroll in *My Health*
- > Complete a Health Risk Assessment
 - To access the assessment, visit **selecthealth.org** and click on "Register to sign up for *My Health*." Under the LiVe Well menu, choose Health and Wellness.

QUALIFYING WELLNESS PROGRAMS

Now get ready to be rewarded! If you're eligible, all you need to do is participate in one of the programs below to start earning:

Completion of annual biometric screening - \$75

Biometric screenings are a quick and convenient way to capture important health information. You can get this screening during a visit with your Primary Care Provider (PCP) when you go in for an annual check-up (zero cost for preventive exams). Or you may be able to receive these measures at some community events:

- > Body Mass Index (BMI)
- > Blood pressure
- > Total cholesterol, HDL, LDL, and triglycerides

Or pick a program below - \$75

- > Gym membership
 - Provide proof of current gym or fitness club membership
- > Enrollment in a weight loss program such as The Weigh to Health®, Weight Watchers®, Jenny Craig, or programs administered by an in-network hospital or clinic.
 - You may choose any class or program offered or endorsed by SelectHealth or Intermountain Healthcare®. Other formal weight loss programs or health education classes may be considered a qualifying wellness program if approved by SelectHealth. Alternative or holistic education services are not considered qualifying wellness events.
 - Provide proof of participation
- > Participation in a tobacco cessation program
 - Enrollment in a tobacco cessation program such as Quit for Life®. This program allows participants to progress at their own pace from home. For more information, call **866-784-8454**.
 - Provide proof of participation
- > Enrollment in an Intermountain education course (obesity, diabetes, asthma, nutritional counseling)
- > Mammogram, cervical cancer screening, colonoscopy
- > Enroll and complete SelectHealth Healthy Beginnings® program

NOW, HOW DO YOU GET THAT REWARD?

It's easy! Just fill out the attached FEHB Healthy Living Reward form and return it to the address below. Allow six to eight weeks to receive your FEHB Healthy Living Reward. Submissions must be postmarked to SelectHealth by December 5 of the incentive year.

SelectHealth Enrollment
P.O. Box 30192
Salt Lake City, UT 84130-0192
Fax: 801-442-0319

FEHB HEALTHY LIVING REWARD FORM

Enroll in the High Deductible Health Plan to participate in the FEHB Healthy Living Wellness Incentive program to improve your health and earn a reward. Log in to *My Health* at **selecthealth.org**. Receive up to a combined total of either **\$75/individual or \$200/family** for completing a biometric screening or a qualified wellness program.

Participant Name _____ DOB _____

Address _____

Phone Number _____

Federal Employee Name _____

Subscriber ID _____

Submissions must be postmarked to SelectHealth by December 5 of the reward year.

Select one of the following:

Biometric Screening

Date Completed _____ Authorized Signature _____

Qualifying Wellness Program (circle one of the following programs)*

- Gym Membership
- Weight Management
- Tobacco Cessation
- Education Course
- Colonoscopy, Mammogram, Cervical Cancer Screening
- SelectHealth Healthy Beginnings

Date Completed _____

*Please include proof of participation in the same calendar year you are seeking reward.