



FEHB Healthy Living Wellness Incentive Program

To be eligible for this program, you must meet the following conditions:

- Be enrolled on a Select Health FEHB plan option
- Be at least 18 years of age or older

Get paid to stay healthy.

When you complete one or more of the qualified wellness activities below, we'll reward you with up to \$250 per qualified enrollee OR up to \$500 per family. This reward will go directly into your Health Savings Account (HSA), Health Reimbursement Account (HRA), or Health Incentive Account (HIA) to use for qualified medical expenses.

Completion of a Health Check assessment — \$50

Visit selecthealth.org/fehb and log in to your Select Health account. From the dashboard, go to My Tasks to access the Personify Health™ Health Check.

Completion of annual biometric screening — \$50

This screening can be completed during your annual wellness visit with your Primary Care Provider (PCP) for no cost, or you may attend a community wellness fair event.

Gym membership — \$50

Provide proof of current gym or fitness club membership.

Enrollment in a weight loss program — \$50

- Options include Intermountain Health Way to Wellness, 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 Select Health or Intermountain Health®. Other formal weight loss programs or health education classes may be considered a qualifying wellness activity if approved by Select Health. Alternative or holistic education services are not considered qualifying wellness activities.
- Provide the program name and completion date.

Enrollment in a tobacco cessation program such as Quit for Life® — \$50

This program allows participants to progress at their own pace from home. For more information, call **866-784-8454**.

Enrollment in an Intermountain Health® education course — \$50

Options include obesity, diabetes, asthma, nutritional counseling, etc.

Getting recommended cancer screenings — \$50

Options include a mammogram, cervical cancer screening, colonoscopy, etc.



Enrollment in and completion of the Select Health Healthy Beginnings® program — \$50

This program is designed to help you have the healthiest pregnancy possible.

Completion of 150 minutes of physical activity in a weekly challenge in Sworkit® — \$50

Sworkit offers digital workouts available anytime, anywhere, any experience level on your preferred digital device. A large variety of workouts are available. To get started, download the Sworkit app and log in with your Personify Health username and password.

Other healthy lifestyle choices — \$50

Log in to your member account at selecthealth.org/fehb to view and participate in up to two healthy lifestyle choice options per year.

How do I get my reward?

Visit selecthealth.org/fehb and log in to your member account. You can view your wellness progress tracking and rewards information and document your completed wellness activities from there.

Remember: all qualified wellness activities must be self-reported by **November 30**.

Learn More

Scan the QR code below or visit selecthealth.org/fehb/resources/healthy-living.



Select Health obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, and/or veteran status.

This information is available for free in other languages and alternate formats by contacting Select Health: **844-345-FEHB**.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電

