

WELLNESS

Balancing Work/Life Assessing Health Moving More Eating Healthier

WORKS

BE WELL IN 2016-2017 AND EARN \$60/MONTH

Wellness Works **Be Well Incentive Program** rewards you for taking an active role in your health. If you are enrolled in a County-sponsored medical plan for Plan Year 2016-2017, you can earn up to \$60/month, \$720/year by completing these Be Well Activities: a Biometric Screening, Health Assessment, and Tobacco-Free Activity.

The Biometric Screening and Health Assessment are required activities. Both must be completed to earn \$40/month.

= \$40

To earn an additional \$20/month, complete a Tobacco-Free Activity. You must also complete a Biometric Screening and Health Assessment. = \$20



OR



Biometric Screening
Held in conjunction with the County's New Employee Orientation.

Health Assessment
Complete on the StayWell Portal either before or after your Biometric Screening.

Tobacco-Free Confirmation
Confirm you are tobacco-free on the StayWell Portal.

Tobacco Cessation
Complete one of the two options below:
 Six onsite tobacco classes **OR**
 Five calls with a StayWell Health Coach

= \$60/MONTH

COMPLETE ACTIVITIES ON THE STAYWELL PORTAL

maricopa.staywell.com

Need help? Call 1.877.678.8926

