

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



WELLNESS

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BE WELL IN 2017-2018 AND EARN 100 POINTS FOR \$60/MONTH

If you complete your Be Well Activities in Plan Year 2016-2017, your 60 points will carry over. All you need to do is earn 40 additional points for Plan Year 2017-2018. Visit maricopa.staywell.com and click the **My Incentive** tab to learn more.

THESE BE WELL ACTIVITIES WILL CARRY OVER FROM 2016-2017

60 POINTS

REQUIRED ACTIVITIES: 40 POINTS



BIOMETRIC
SCREENING



HEALTH
ASSESSMENT



TOBACCO-FREE
CONFIRMATION

OR



TOBACCO
CESSATION

THESE BE WELL ACTIVITIES NEED TO BE EARNED FOR 2017-2018

+ 40 POINTS

REWARDING ACTIVITIES: You will need 20-40 additional points from this category to earn your wellness incentive. Earning a total of 80 points qualifies you for \$40/month. 100 points qualifies you for \$60/month. Choose from the Rewarding Activities below. **You must complete these activities by May 31, 2017.**



- Online Challenge** ("Health Trails" Challenge is scheduled for February, 2017) **40 points**
- Telephonic Coaching** (Tobacco coaching excluded) **40 points/topic**
- Self-Directed Coaching** (Personalized, online programs) **20 points/topic**
- Healthy Living Confirmations** (Report your healthy living behaviors) **10 points/topic**
- Digital Workshops** (15-minute online workshops) **10 points/topic**

= 100 POINTS

COMPLETE ACTIVITIES BY MAY 31, 2017

Deadline:
MAY 31
2017

If you do not complete the Be Well Activities to earn either 80 or 100 points **by May 31**, you will not qualify for a wellness incentive in Plan Year 2017-2018. **No exceptions.**

COMPLETE ACTIVITIES ON THE STAYWELL PORTAL



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Notes:

- To participate in the Be Well Incentive Program, you must be enrolled in a County-sponsored medical plan for Plan Year 2017-2018.
- Be Well Activities: Biometric Screening, Health Assessment, Tobacco-Free Activity, Rewarding Activities.
- If you are not tobacco-free, or do not complete a tobacco-free alternative program, you can only earn a maximum of 80 points for \$40/month.