

How to Earn Wellness Credits in 2018

In 2018, you can still earn up to \$480 in wellness credits for each employee and spouse that participates – no matter which plan you choose. However, State Health has made some changes in *how* you earn those credits. Starting January 15, 2018*, follow the steps below so you don't leave this extra money on the table!



Step 1 Complete the “Real Age Test” online at:
www.bewellshbp.com

Step 2 Get a biometric screen either on-site at an SHBP-sponsored event, or at your network Dr.'s office. It's free – just download the 2018 screening form and take it with you.

Step 3 Participate in at least 4 phone calls with a Sharecare Health Coach – each call is worth \$60.

OR

Track online and make progress in at least 8 of 12 areas of health (like stress, fitness, BMI, etc). You must track for 60 days out of any two 90 day periods and achieve a “green” score in your selected areas. Each 60 day tracking period is worth \$120.

Steps 1 & 2 =
\$240

Step 3 = up to
\$240

Hey, Kaiser Members!

You get incentives too, but you earn them differently. Go to www.my.kp.org/shbp and sign up to complete wellness activities. You (and your spouse!) can earn up to \$500 on a Visa gift card.

Remember...

When you complete the activities above, you earn up to \$480 for yourself. If your spouse does them too, that's another \$480 – a total of \$960 for your family!

And – if you earned wellness credits in 2017 but haven't used them, they will roll over to whatever plan you choose for 2018. Rollover credits will show in your account around April 2018.

*To receive your wellness credits, you must complete these activities between January 15, 2018 and November 30, 2018. You'll get your money about a month after you complete the activities – so the sooner you do it, the sooner you get your money!