

How to Earn Wellness Points in 2019

In 2019, you can still earn money for each employee and covered spouse that participates in the Wellness Program – no matter which plan you choose. However, you will now be accumulating “points” that you can use in a couple different ways. Starting January 1, 2019, 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. You MUST do this step first – or the steps below won’t count!

120
points

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 2019 screening form and take it with you.

120
points

Step 3

Participate in at least 4 phone calls (1 per month) with a Health Coach – each call is worth 60 points.

OR

Go to www.bewellshbp.com and complete: (1) Green Days within the challenge period, which include daily trackers such as steps, sleep, stress, blood pressure, weight, and smoking; OR (2) The monthly 5K Steps Challenge and log 8 Green Day trackers or 5K Steps per day.

240
points

What Can I use My Points For?

When you complete the activities above, go to www.bewellshbp.com, and select one of 2 options to redeem points:

1. **Use points for health care costs.** 480 points = \$480 for yourself. If your spouse completes the activities too, that’s another \$480 – a total of \$960 for your family! You may redeem points in \$120 increments.
2. **Redeem points for a gift card.** Swap 480 points for a \$150 Visa Gift Card. You must use all 480 points to choose this option – no incremental redeeming or combining with option 1.

Remember, if you earned wellness credits in 2018 but haven’t used them, they will roll over to whatever plan you choose for 2019 – but they *won’t* count towards a gift card! Rollover credits will show in your account around April 2019.

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.

*To receive your wellness credits, you must complete these activities between January 1, 2019 and November 30, 2019. You’ll get your money about a month after you complete the activities and select how you want to use your points – so the sooner you do it, the sooner you get your money!