

# How to Earn Wellness Credits in 2016

In 2016, you can earn Wellness Credits in all plans. (Kaiser works a little differently though.) To get your credits, you'll need to do exactly what you did in 2015. You can earn up to \$480 in Wellness Credits on each spouse that participates. You and your covered spouse can earn the Wellness Credits, regardless of which Blue Cross or United plan you choose. Don't leave that extra money on the table!



To get your first \$240, you must complete the following.

1. Complete the online "Well-Being Assessment" at [www.bewellshbp.com](http://www.bewellshbp.com)
2. Get a biometric screen either on-site at an SHBP sponsored event, or at your network doctor's office. It's free.

You can get your second \$240 in one of two ways.

**Telephonic Coaching:** Create a well-being plan over the phone with a health coach, and engage in at least 2 phone calls with a nurse/dietician or other appropriate professional.

OR

**Online Tracking:** Create a well-being plan online on your own, then track at least 5 well-being activities every 4 weeks. You will get \$40 each time you do this. If you track 5 activities a month for up to 6 months you will earn the full \$240.

That's a total of \$480 for you. If your covered Spouse completes the same tasks, that's another \$480—\$960 total for your family.

***In order to get the bonus money, you have to complete your Wellness Incentives between January 15, 2016 and December 15, 2016. You will receive your money about a month after you complete the activities listed above, so the sooner you do it, the sooner you get your money!***

**Kaiser Members:** Kaiser has incentives too but you earn them differently. Go to [www.my.kp.org/shbp](http://www.my.kp.org/shbp) and sign up to complete wellness activities. You will earn up to \$240 on a Visa gift card from Kaiser. If your spouse is on the plan, they can earn a \$240 gift card as well.

**Note:** If you earned wellness credits in 2015, and have not yet used them, they will roll over to any SHBP plan. Rollover credits will not show in your 2016 incentive account until April 2016.

