

How to Earn Wellness Credits in 2017

In 2017, you can earn Wellness Credits in all plans. (Kaiser works a little differently though.) The program for BCBS and UHC are still administered by Healthways. And for 2017, credits work nearly the same as 2016. You can earn up to \$480 in Wellness Credits on both you and your spouse if they are covered and participate. 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, BCBS or UHC participants must complete the following.

1. Complete the online "Well-Being Assessment" at 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.

To get your second \$240 BCBS or UHC participants have two ways.

Telephonic Coaching: Create a well-being plan over the phone with a health coach through Healthways. You earn \$60 in credits for telephonic coaching. You can do one session a month for up to four sessions.

OR

Online Tracking: Create a well-being plan online with Healthways, 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, 2017 and December 15, 2017. 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 and sign up to complete wellness activities. You will earn up to \$500 on a Visa gift card from Kaiser. If your spouse is on the plan, they can earn a \$500 gift card as well.

Note: If you earned wellness credits in 2016, and have not yet used them, they will roll over to any SHBP plan. Rollover credits will not show in your 2017 incentive account until April 2017.

