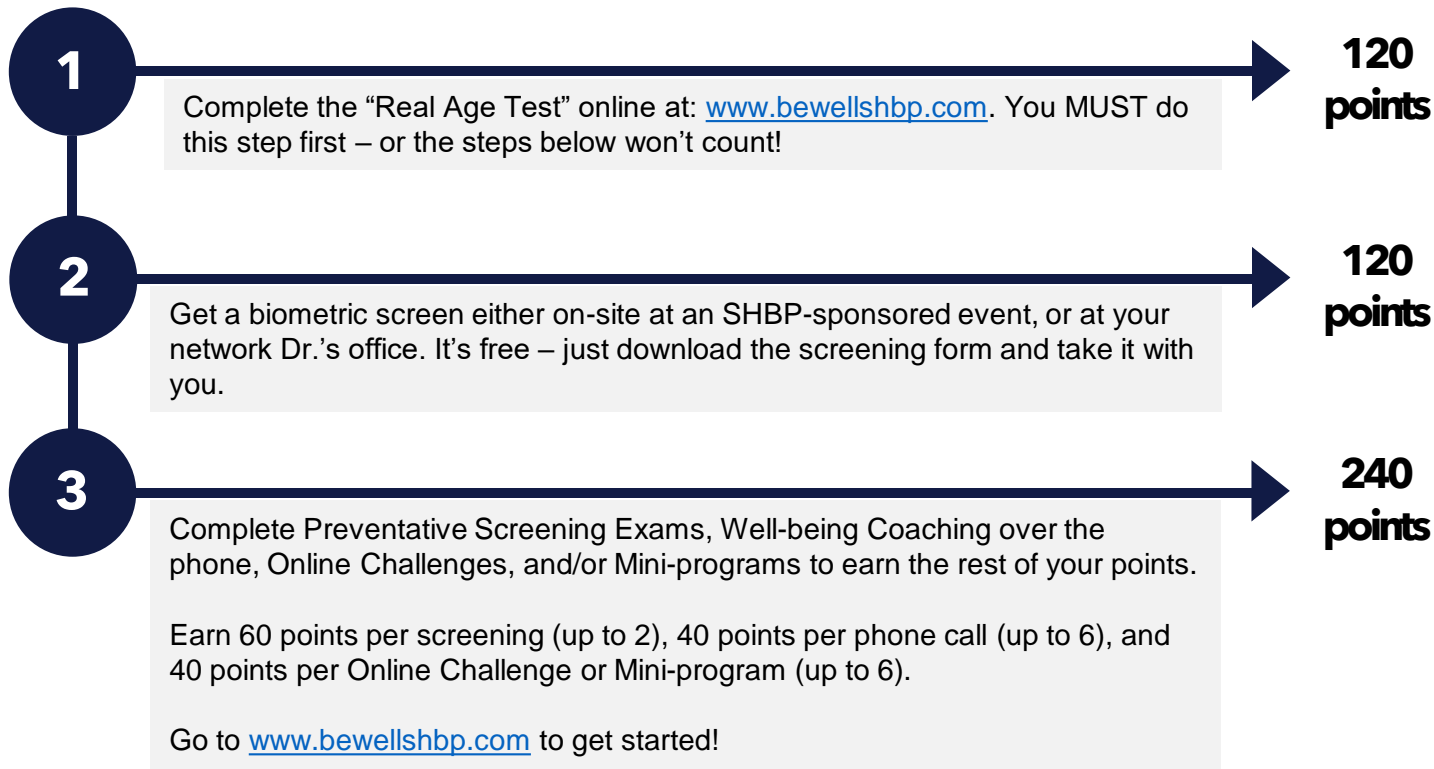


HOW TO EARN WELLNESS POINTS - ANTHEM & UNITED



In 2024, State Health members can still earn money for each employee and covered spouse that participates in the Wellness Program – no matter which plan you choose. By following the program, you accumulate “points” that you can use in a couple different ways. Starting January 1, 2024, follow the steps below so you don’t leave this extra money on the table!*



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 2023 but haven’t used them, they will roll over to whatever plan you choose for 2024 – but they *won’t* count towards a gift card! Rollover credits will show in your account around April 2024.

*To receive points, you must complete all activities between January 1, 2024 and November 30, 2024. About a month after you complete the activities, select how you want to use your points and start saving money!

HOW TO EARN WELLNESS POINTS - KAISER



In 2024, Kaiser Permanente (KP) members can still earn money for each employee and covered spouse that participates in the Wellness Program. By following the steps below, in no particular order, you can earn money to help you and your family pay for Healthcare costs and more. Starting January 1, 2024, follow the steps below so you do not leave this extra money on the table!*

1

Sign up for the KP Wellness Program [HERE](#). Then, sign into your account to accept your "Wellness Program Agreement". To accept, click YES, then "Submit"!

2

Take your "Total Health Assessment" online. This questionnaire is confidential and will take about 20 minutes to complete.

3

Get a biometric screening either on-site with a KP clinician at a State Health Benefit Plan - sponsored event, or at your KP Medical Office. It's free – just download the screening form and take it with you.

4

Complete all age and gender appropriate preventive screenings for breast, cervical or colorectal cancer.

5

Complete one online "Healthy Lifestyle Program"

Complete steps 1-5 and get a \$500 reward card!

What Can I use My Reward Card* For?

The short answer is: whatever you want! Some suggestions to further embrace your health: use your rewards card to pay for co-pays and prescriptions, massages, a weekend hiking trip, new workout clothes or stocking up on healthy foods.

If you earned wellness credits in 2023 in a plan other than KP, they will roll over to a Kaiser Permanente Rollover Account (KPRA) in 2024. Rollover credits will show in your account around April 2024. You can use this money to help pay for health care.

If you need help, contact KP's wellness program customer service at: 866-300-9867

*To receive your reward money, you must complete all activities between January 1, 2024 and November 30, 2024.

**Spouses should
participate, too!**

If you *and* your covered spouse complete steps 1-5 above, that means your family can earn up to:

\$1,000