

CEBCO Member Announcement: 2020-21 Wellness Program

October 2020

The wellness program will go live on Monday, November 16, 2020 with CEBCO's new partner, HealthWorks; wellness participants will be able to log into their online portal at that time. All employees and spouses enrolled in the CEBCO health plan will get information mailed to their home. Below is the list of activities that will count for credit if completed on or after August 15, 2020 with information on how to obtain credit/points for completion **once the program is live on 11/16/20**:

Activity Name	Completion Description/Verification	Maximum Point Value
CORE REQUIREMENT #1: Health Evaluation (bloodwork + HRA) w/ Personal Health Score	For participants using their physician, a form will need completed by the doctor's office to include results for blood pressure, glucose, total cholesterol, HDL, LDL, triglycerides & A1c. Participants will have a lab and onsite option as well. Forms & other options will be available from the portal beginning 11/16/20.	200
CORE REQUIREMENT #2 (NEW!): Annual Routine Check-Up	Participants will print and return a completed form from their doctor's office (requires a signature only); form will be available to print from the portal beginning 11/16/20.	100
Below are the remaining wellness activities available. Participants will pick and choose from the listing to ensure the 600-point goal is met by 8/13/21.		
Share Health Eval Results with Doctor	Self-report; details will be available at program launch.	50
Preventive Care	Self-report up to two; include flu shot, mammogram, eye exam, dental exam, PSA, bone density, pap smear, skin cancer, breast exam, colonoscopy, hearing exam, shingles vaccine.	100
Log Steps/Activity	Self-report; details will be available at program launch.	100
25-Point Activities	Self-report up to six; include run/walk/bike events, donate blood/plasma, webinars, volunteering, employer health challenges, relaxation techniques.	150
50-Point Activities	Self-report up to three; include sports league, fitness classes, exercise, education sessions, lifestyle programs, health fairs, financial workshop.	
Online Workshop & Challenges	Automatic credit upon completion.	100

The wellness program is voluntary, and you may be eligible for an incentive for your participation. Should you have questions about what incentive(s) are available to you, please contact the entity you have insurance through, as all incentives are county/employer specific. Additional details will be available at the start of the program year. Best wishes for good health and much happiness!

The CEBCO Team