

**DELAWARE COUNTY**  
**WELLNESS PROGRAM**  
**2023-2024**

At Delaware County, we believe that the health and wellness of our employees and their family members is a top priority. To demonstrate this commitment to well-being, employees and spouses who are covered under the County's health insurance plan are invited to participate in the annual Wellness Program in two ways this year including through a premium reduction on the health insurance contribution AND through additional monetary incentives available through the CEBCO Rewards 200 program.

**Premium Reduction on Health Insurance Contributions in 2025:**

To earn a premium reduction on the County's 2025 Health Insurance employee contribution rate, the following requirements are mandatory for each employee, and spouse if applicable, under Delaware County's health insurance plan.

- Routine Physical, including routine blood/lab work, with your primary care physician.
- Health Assessment completed on-line through Anthem.
- Attend an Informational Benefit Session that will be offered at various locations/dates/times throughout 2024. (Employee only, spouses are not required to fulfill this requirement). This requirement will be tracked internally. It will not show on the Anthem website.

**There are NO FORMS to submit nor will you be required to track completion of any activities on a website in order to complete the 2023-2024 Wellness Program. (Great News!)**

\*PLEASE NOTE:

1. *Premium reductions are discretionary and are not guaranteed. Plan designs, and employee contributions including premium reductions are reviewed and determined by the County Commissioners on an annual basis after careful consideration on the County's overall renewal with CEBCO and the available funds toward the County's benefit package*
2. *Savings will vary depending on which plan tier the employee has elected.*
3. *Eligibility for the wellness incentive will be verified during the Open Enrollment period.*
4. *Participation in the Delaware County Wellness Program is voluntary for all employees and covered spouses in the CEBCO/Anthem health insurance plan.*

## CEBCO Rewards 200

### Additional Incentives Available for Wellness Activities:

Employees and covered spouses have the ability to earn gift cards through Anthem worth up to \$200 each throughout the year for obtaining health and wellness services and completing certain activities, the CEBCO Rewards 200 has available. Details and information on this program are listed throughout the remainder of this document and a flyer may be found [here](#).

### 2023-2024 Wellness Program

The current [wellness program](#) runs August 15, 2023 to August 14, 2024. Wellness activities must be completed within this time period to count towards completion. Employees and covered spouses in the Anthem health insurance program can participate in the CEBCO Rewards 200 and must track and manage completion of rewards activities and requirements in their [Anthem.com](#) member account. See details below:

- Anthem will administer a rewards program that incentivizes completion of various wellness activities. Rewards will be tracked by Anthem online at [Anthem.com](#) and can be earned for completing certain preventive care activities (annual wellness exam, flu shot, screenings, etc.), completion of condition management programs (SWORD Virtual Physical Care program, Condition Care), and completing other wellness/digital activities (logging in to Anthem.com, downloading your ID card, taking a Health Assessment).
- A member's unique Anthem account will serve as their individualized hub for wellness information and program rewards. Other health challenges will also be available in January 2024 when the wellness portion of Anthem's website is fully functional for our group.
- Covered members will automatically receive credit for any claims-based service they've received since the program start date of 8/15/23 (or from the effective date of their insurance, whichever date comes first), as well as completion of a qualifying condition management or digital activity that was completed. However, rewards will not appear in their Anthem account until January 2024 when the Anthem website is fully functional for our group.
- Digital activities will be completed online at [Anthem.com based upon claims submitted through Anthem.com](#). Once rewards are earned, they can be redeemed for digital gift cards at 8 retailers, including Mastercard, Apple, Amazon, Gap, The Home Depot, Target, TJ Maxx and UBER. Digital activities and rewards will not be fully functional for our group until January 2024 with a look back period to August 13, 2023.

- **There is no need to self-report wellness activities or submit forms to verify completion of wellness activities.**
- Employees and spouses covered under the County's health insurance plan can each earn a total of \$200 in Anthem rewards for completing various activities.

In order to receive a reduced premium rate on the 2025 Health Insurance premium, during the wellness program period, Anthem covered employees and spouses must complete the following:

1. An Annual Wellness Exam, including blood/lab work (worth \$25 in Anthem Rewards)
2. An on-line Health Assessment through Anthem.com (worth \$25 in Anthem Rewards), and
3. Employees must attend a Delaware County Informational Benefits Session that will be offered throughout 2024. Spousal participation is optional.

**The REQUIRED ACTIVITIES above for Employees and Spouses, if applicable equal \$50 total in Rewards for each person.**

- **Annual Wellness Exam** This is an annual check-up (aka physical), including routine bloodwork/labs with your doctor.
- **Health Assessment** This is a questionnaire completed on-line through Anthem with follow up tailored health recommendations provided.

### **REQUIRED ACTIVITY FOR EMPLOYEES ONLY**

- **Attend an informational benefit session that will be offered at various locations/dates/times throughout 2024.** More details will be shared once available.

### **ELECTIVE ACTIVITIES (Up to an additional \$150 in Rewards Available)**

It's up to you! Participants can choose the other rewardable activities to complete, based on their interests and lifestyle. A total of up to \$200 each, for the employee and spouse, in rewards are available during the plan year.

**Click [HERE](#) for a complete list of possible wellness activities that may be completed, how they are tracked, and the reward values that can be earned!**