



WELLNESS PROGRAM

To earn a reduction on your 2025 Health Insurance premiums, the following requirements are mandatory for each employee and covered spouse unless stated otherwise.



3 REQUIREMENTS



ROUTINE PHYSICAL

Routine Physical, including routine blood/lab work, with your primary care physician.



HEALTH ASSESSMENT

Health Assessment completed online through Anthem.



COMPLETE TRAINING

Complete a training session on “Maximizing Your Health Benefits” prior to July 2024. Session availability will be communicated monthly.

** This requirement is optional for covered spouse.*

ADDITIONAL PERKS

CEBCO REWARDS 200

You and your covered spouse each have the opportunity to earn up to \$200 in gift cards for select retailers for completing different activities within the CEBCO Rewards 200 Program between August 15, 2023, and August 14, 2024.

YOUR FIRST \$50!

Receive your first \$50 in rewards for completing the Routine Physical and Health Assessment requirements within the Wellness Program!



EARN YOUR NEXT \$150

To view additional activities and your rewards, open the Sydney Health app or go to Anthem.com.



Please Note: This flyer is meant to be a general overview of the Wellness and CEBCO Rewards 200 programs. Premium reductions are discretionary and not guaranteed. For full details and conditions, please refer to the Wellness Program Guidelines located on the County website or [click here](#).