

# **DELAWARE COUNTY WELLNESS PROGRAM**

## **CEBCO REWARDS 200 PROGRAM**

**August 15, 2024 - June 30, 2025**

**NEW COMPLETION DATE**

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 voluntary annual Wellness Program.

There are two ways to earn wellness program incentives.

1. Through completion of the County's wellness program to earn a **potential premium reduction** on the employee's health insurance contribution the following plan year (in 2026).
2. Through additional monetary incentives available through the CEBCO Rewards 200 program.

### **Potential Premium Reduction on Health Insurance Contributions in 2026:**

To earn a potential premium reduction on the employee's 2026 health insurance contribution rate, the following requirements must be completed for each employee, and covered spouse if applicable, under Delaware County's health insurance plan.

- Complete a routine physical / wellness exam, including routine blood / lab work, with your primary care physician.
- Complete a Health Assessment online through Anthem.com or through the Sydney app.
- Attend an informational session (Maximizing Your Health Benefits) that will be offered at two in-person locations in early 2025. A recorded session will also be available online. This is an employee-only requirement. Spouses are not required to fulfill this requirement but are welcome to do so. This requirement will be tracked internally, it will not show on the Anthem website or Sydney app.

**\*PLEASE NOTE:**

- 1. Premium reductions are discretionary and are not guaranteed. Plan designs, and employee contributions including premium reductions are reviewed and determined on an annual basis after careful consideration of 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 selected.*
- 3. Eligibility for the County's wellness incentive will be verified prior to the County's Open Enrollment process in 2025.*
- 4. Participation in the Delaware County Wellness Program and the CEBCO Rewards 200 Program is strictly voluntary for all employees and covered spouses who participate in the County's health insurance plan.*
- 5. There are NO FORMS to submit for the routine physical and blood / lab work.*
- 6. Participants will be able to view completed activities through Anthem.com or the Sydney app.*
- 7. Spouses must have a separate login to see their completed activities and to complete their Health Assessment.*

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**CEBCO Rewards 200**

Additional Incentives Available for Wellness Activities:

Employees and covered spouses each have the ability to earn up to \$200 in gift cards through Anthem during the program year by obtaining health and wellness services and completing certain activities. Details and information on this program are listed throughout the remainder of this document and in a [flyer from Anthem](#).

The current CEBCO Rewards 200 [Wellness Program](#) runs August 15, 2024, to June 30, 2025.

Wellness activities must be completed within this time period to count towards completion.

- Anthem will administer the rewards program that incentivizes completion of various wellness activities. Rewards will be tracked by

Anthem online at [Anthem.com](https://www.anthem.com) or through the Sydney app and can be earned for completing certain preventive care activities (annual wellness exam, A1c and Cholesterol screenings, mammogram, skin cancer screening, logging active minutes, condition care, etc.) Please note that certain screenings are age specific and condition specific and are identified in the Sydney app and through Anthem.com.

Additional wellness activities that earn rewards include but are not limited to logging in to the Sydney app, taking a Health Assessment and completing team challenges.

- 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 2025. Please watch for related announcements.
- Covered members will automatically receive credit for any qualifying claims-based services they've received since the program start date of August 15, 2024, (or from the effective date of their insurance, whichever date comes first), as well as completion of a qualifying condition management or digital activity. Rewards will not appear on the Anthem website or Sydney app until the related claim is processed or the activity is completed.
- Once rewards are earned, they can be redeemed for digital gift cards at several retailers, including Mastercard, Apple, Amazon, Gap, Home Depot, Target, TJ Maxx and UBER. **There is no need to self-report wellness activities or submit forms to verify completion of wellness activities.**

### ELECTIVE ACTIVITIES

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 wellness program 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!**