

# WELLNESS PROGRAM

**AUGUST 15, 2024 - JUNE 30, 2025**

Please note the new end date to earn a potential incentive on your 2026 Health Insurance premiums. The following requirements are mandatory for each employee and covered spouse unless stated otherwise.



## REQUIREMENTS

Click [HERE](#) for details



### HEALTH ASSESSMENT

Complete an online Health Assessment through our partner, Anthem. You can complete this anytime during the incentive period by logging into your individual account on [Anthem.com](#) or the [Sydney app](#).



### ROUTINE PHYSICAL & BLOODWORK

Complete a routine Physical and blood/lab work with your primary care physician. This exam is allowed anytime during each calendar year. Click [HERE](#) for a flyer explaining how physical exams are covered. No forms are needed.



### COMPLETE TRAINING

Complete a training session on “Maximizing Your Health Benefits” prior to June 30, 2025. We will be offering two in-person classes and a virtual option.

*\* This requirement is optional for a covered spouse.*

## ADDITIONAL PERKS

Click [HERE](#) for details

### CEBCO REWARDS 200

You and your covered spouse each have the opportunity to earn up to \$200 in gift cards to select retailers for completing activities within the CEBCO Rewards 200 Program between August 15, 2024 - June 30, 2025.



### YOUR FIRST \$75!

Receive your first \$50 in rewards for completing the Routine Physical and \$25 more when you complete the Health Assessment requirements.



### EARN YOUR NEXT \$125

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](#).