

WELLNESS PROGRAM

JULY 1, 2026 – JUNE 30, 2027

Please note the program dates to earn a potential incentive on your 2028 Health Insurance premiums. The following requirements are mandatory for each employee and covered spouse unless stated otherwise.



REQUIREMENTS



ROUTINE PHYSICAL & BLOODWORK

Complete a routine Physical and blood/lab work with your primary care physician. This exam is allowed at any time during each calendar year.



COMPLETE TRAINING

Complete a training session on “Did You Know?” prior to June 30, 2027. We will be offering in-person classes and a virtual option. *This requirement is optional for a covered spouse.*

Click [HERE](#) or Scan the QR to find all the additional information and details.



ADDITIONAL PERKS



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 July 1, 2026 – June 30, 2027.



YOUR FIRST \$50!

Receive your first \$50 in rewards for completing the Routine Physical



EARN YOUR NEXT \$150

View additional activities and rewards through the Sydney Health app, or at 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.*