

WELLNESS PROGRAM

JULY 1, 2025 – JUNE 30, 2026

Please note the new end date to earn a potential incentive on your 2027 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 an “Insurance Benefits–Did You Know?” training session prior to June 30, 2026. We will be offering 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 July 1, 2025 – June 30, 2026.



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](#).