

ESHCA Wellness
"Healthy Living" Incentives 2018

Available to Member and Member-Spouse (meaning the spouse is enrolled in the plan):

- A) Annual Physical
 - Step 1 – General Health Assessment
 - Step 2 – MD Biometrics Form
 - Step 3 – Explanation of Benefits (MVP) \$200

- B) Completion of the 3 Annual Physical Steps "unlocks" the following incentives:
 - 1) Smoking cessation course or treatment \$50
 - through your MD, offered on this website, etc.
 - 2) Nutrition course \$50
 - ESHCA 49 Day Challenge (website), Weight Watchers, etc.
 - 3) Gym membership – 35 visits per year \$50
 - includes classes (Cross Fit, yoga, Zumba, etc.)

- C) Important note: each Member is limited to \$300 total incentives for 2018. The Member-Spouse can take advantage of additional "unlocked" incentives, however, it is limited to \$100 total for the Member/Member-Spouse for the year.