

ESHCA Wellness 2023
"Healthy Living" Incentives

Incentives are available to the member and the member-spouse.

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| A) Annual Physical Incentive (\$200) | |
| • Step 1 – General Health Assessment | \$25 |
| • Step 2 – MD Biometric Form | \$25 (GHA) + \$175 = \$200 |
| • Step 3 – Explanation of Benefits | |
| B) "Action Plan" Incentives (Complete 2 out of 3) | \$50 each |
| a. Nutrition Course | |
| • ESHCA 35-Day Nutrition Challenge, Weight Watchers, MD Prescribed, etc. | |
| b. "Used" Gym Membership – 36 visits | |
| • Send in your "log-ins" provided by your health club. | |
| • Contact me if you have a home exercise program you would like to submit. | |
| c. Smoking Cessation Course | |
| • "The Butt Stops Here" (MVP Virtual Program) | |
| C) Newsletter Challenges | \$25 per challenges |
| • 6 per member-household | \$150 max/year per member-family |
| • Offered through the monthly online newsletter | |
| • Contact Patrick to sign-up | |
| D) Register of Gia (MVP App) | \$25 |
| • Counts as 1 newsletter challenge | |

Questions? Contact:

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