

ESHCA Wellness

“Healthy Living” Incentives 2024

Incentives divided into 3 categories (A, B, C); offered to the Member and Member-Spouse (spouse enrolled in the plan):

A) Annual Physical

- 1) Submit the MVP Explanation of Benefits verifying your Annual Physical: \$200
 - Description: Est Pt Prevent Healthy 18-39 Yrs
 - Description: Est Pt Prevent Healthy 40-64 Yrs
 - Description: Est Pt Prevent Healthy 65+ Yrs
- 2) Add to your incentive providing one or both of the following: \$25 each
 - a) General Health Assessment
 - b) MD Biometric Form
 - Details and downloads:
www.eshca.org/copy-of-wellness-platform-2023-b

B) “Take Action” Incentives (complete 2 of 3):

- 1) Smoking cessation course or treatment \$50 each
 - a) RX, “The Butt Stops Here” (on website), etc.
- 2) Nutrition course
 - ESHCA 49-Day Challenge, MD prescribed, Weight Watcher’s, etc.
- 3) “Used” gym membership or Activity Log (40 workouts per year)
 - Includes classes (Cross Fit, yoga, Zumba, etc.)
 - Have a home exercise program? Contact Patrick for an Activity Log

C) Newsletter Challenges

- 1) 6 per member household throughout 2024
- 2) Offered through the online newsletter, “Blueprint to Wellness 2024”
 - Contact Patrick to register yourself or employees

Questions or comments:

Patrick Flaherty MSE, CSCS
(315) 895-5303

pflaherty@eshca.org

More information: www.eshca.org/copy-of-wellness-platform-2023-b