

## Earn Money for Taking Care of Your Health and Well-being Through Vincentian's Thrive for Wellness Program

All employees, whether a member of UPMC's Health Plan through Vincentian or not, can earn monetary incentives throughout the year for completing health and wellness activities.

The time period for completion is through **October 31, 2022**, to receive the monetary incentives listed.

### HEALTH AWARENESS: \$100

The employee receives \$100 for completing all 3 of the following activities:

- Physical Exam
- Biometric Screening
- MyHealth Questionnaire – completion/update

If your spouse is also covered under Vincentian's health insurance, you'll receive an additional \$75 when they complete these activities.

The activities can be completed in any order. Once you complete all 3, you'll unlock the opportunity to earn the other monetary incentives for Health Improvement, Health Prevention and Health Education.

### HEALTH IMPROVEMENT: \$100

*(complete 3 to earn incentive)*

The employee will earn \$100:

When the results of your biometric health screening show a 5% decrease over last year or is in the optimal range for 3 of the following:

- Blood pressure
- Total cholesterol
- LDL
- Glucose
- BMI

OR

You participate in up to 3 sessions with a Health Coach

**Example 1:** An employee is unable to achieve optimal or a 5% decrease in 3 of the 5 health screening areas measured. Instead, they may participate in 3 health coaching sessions to earn the incentive.

**Example 2:** An employee achieves optimal or a 5% decrease in total glucose but none of the other screenings, they can participate in 2 health coaching sessions to earn the incentive.

*Biometric Health screenings must be through Quest Patient Service Center, Quest Home Kit or during Vincentian onsite screenings.*

## HEALTH PREVENTION: \$75

*(complete 2 to earn incentive)*

The employee will earn \$75 when you complete 2 of the following health preventative activities:

- **Select or update your primary care provider on the UPMC Health Plan portal**
- **Mammogram\***
- **Colorectal Screening\***
- **Cervical Cancer Screening\***
- **Diabetes Retinal eye exam**
- **A1C Screening (Diabetes)**
- **Dental Exam\***
- **Eye Exam\***

*\* Per insurance provider preventative schedule*

## HEALTH EDUCATION: \$50

*(achieve 50 points to earn the incentive)*

The employee will receive \$50 when you earn 50 points by completing any combination of the following activities:

### 15 Points

- Personal Health Review – via self-guided, program or Rx for Wellness referral
- Self-Guided Lifestyle Improvement Program via MyHealth Online
- Digital (chronic conditions) or MyHealth (lifestyle) Assistant Online Activities - *(15 points each)*
- RxWell Coaching Programs via the Mobile App
- Follow-up Calls for Coaching Programs *(5 points each, max. 15 points)*
- Weight Race Challenge
- Home Run for Health Challenge

### 10 Points

- LifeSolutions Experience (EAP) case *(10 points each, max. 20 points)*
- Lunch and Learn *(10 points each, max. 30 points)*
- Flu Vaccine
- COVID-19 Vaccine
- COVID-19 Booster

### 5 Points

- Coaching Session via MyHealth Online about lifestyle and condition management topics *(5 points per call, max. 25 points)*