

ESHCA Wellness 2021  
"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) QCI Retirement Analysis   | \$25                             |
| • Counts as 1 newsletter challenge   |                                  |
| • Contact QCI, schedule and complete a retirement analysis (phone)         |                                  |