ESHCA Wellness 2022  
“Healthy Living” Incentives

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

1. Annual Physical Incentive ($200)
   * Step 1 – General Health Assessment $25
   * Step 2 – MD Biometric Form

$25 (GHA) + $175 = $200

* + Step 3 – Explanation of Benefits

1. “Action Plan” Incentives (Complete 2 out of 3) $50 each
   1. Nutrition Course
      * ESHCA 35-Day Nutrition Challenge, Weight Watchers, MD Prescribed, etc.
   2. “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.
   3. Smoking Cessation Course
      * “The Butt Stops Here” (MVP Virtual Program)
2. 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
3. QCI Retirement Analysis $25
   * Counts as 1 newsletter challenge
   * Contact QCI, schedule and complete a retirement analysis (phone)

Questions? Contact:

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