



Wellness Incentives

- Claimants must be currently covered by the Conference Health Insurance or HRA to claim WIN rebates.
- Points must be earned during the current calendar year. Conference BCBS enrolled claimants and spouses may earn a maximum of \$200 per year (each). Covered children may earn a maximum rebate of \$150 per calendar year (each). HRA participants may earn a maximum rebate of \$150 per calendar year (each).
- Filing deadline, March 31 for **previous year's** participation and points earned. If you are no longer enrolled, the completed WIN form must be submitted within 30 days of the last day of enrollment in the insurance or HRA plans.
- A minimum of 100 WIN points is required to earn the \$150 rebate. To earn the additional Health Assessment rebate of \$50, you must complete the online Health Assessment. (HRA participants are not eligible for the additional \$50 HA rebate.)

Name of Subscriber _____	
Address _____	
City _____	State _____ Zip _____
Social Security # _____	
Year In Which Points Earned _____	
Name of Dependent _____	
Relationship _____	
Year In Which Points Earned _____	
Complete a separate form for each person earning the wellness incentive.	

Health Assessment : (completion of the online assessment will be verified via reporting from BCBSNC) **YES**

1. I verify that I have completed the online Health Assessment on the Blue Cross Blue Shield of NC website. Log in, choose Wellness from the blue bar across the top of the page, then Health Assessment from the left panel. Completion requires biometric numbers such as blood pressure, cholesterol, glucose. If you begin the HA and need to exit before completion, you may save it and return to complete at a later time. You may submit the HA only once per plan year. The HA Rebate will not be processed until the HA has been completed and verified. www.bcbsnc.com/members

TOTAL Points Claimed this Section

(Not available to retirees with HRA's) Maximum Points Earned for this Section is 50

Activity:

1. Mileage (walking, jogging, swimming, etc.)
Enter the # of miles you can document _____ . Divide by 4. points _____
Maximum allowed points = 50 Enroll in the Amazing Pace Program for additional rewards!

2. Physical activity such as gardening, housework, sports, exercise.
Enter the # of hours of activity _____ (annual). Divide by 4. points _____
Maximum allowed points = 50

TOTAL Points Claimed this Section

Maximum Points Eligible for this Section is 50

Healthy Lifestyle:

1. Consumption of 5 servings of fruits and vegetables daily. 10 points _____

2. Nutritional supplements such as vitamins, minerals, or nutritionist visits. 10 points _____

3. Give up an unhealthy habit—Cut down on sugar, fat, limit portions, add more fiber to your diet. 10 points _____

4. Fitness club membership or equipment purchase. (Attach copy of receipts or memberships.) 10 points _____

5. Mental health rewards: *Take time to do something YOU enjoy and reward yourself with 10 points. No questions asked!* 10 points _____

TOTAL Points Claimed this Section

Maximum Points Eligible for this Section is 50

Preventive:

1. Routine Annual Physical. Date of service: _____ 10 points _____

2. Annual eye exam. Date of service: _____ 10 points _____

3. Annual dental exam. Date of service: _____ 10 points _____

4. Flu Shot or update your immunizations. 10 points _____

5. Preventive health measures (mammograms, psa, colonoscopy, etc.) 10 points _____

TOTAL Points Claimed this Section

Maximum Points Eligible for this Section is 50

Revised Form
2016

	Pointed Earned	Office Use
Health Assessment Points (50 required)		
WIN Points (100 minimum required)		
Total Rebate Points		