

Wellness Incentives

Name of Conference Health or HRA Plan Subscriber _____
 Social Security #XXX-XX-_____ Name of Dependent _____
 Year In Which Points Earned _____ (Must be earned during current calendar year and submitted by **March 31** of following year)

Well-being Assessment : (Not available to retirees with HRAs or active plan children; Active plan enrollees eligible only)

Completion of the online assessment will be verified via reporting from BCBSNC. **YES**

I verify that I have completed the online Well-being Assessment at BlueConnectNC.com Log in > Click on Wellness > Click on Well-being Assessment > Click on Take the Well-being Assessment. If you begin the Well-being Assessment and need to exit before completion, you may save it and return to complete it at a later time. You may submit the Well-being Assessment only once per calendar year. The Well-being Assessment Rebate will not be processed until it has been completed and verified.

TOTAL Points Claimed this Section

Maximum Points Earned for this Section is 50

NEW 2019!! Open to RETIREES & ACTIVE ENROLLEES

Eat Smart, Move More, Weigh Less Program: (Not available to active plan children)

YES

I verify that I have completed the Eat Smart, Move More, Weigh Less program. This 15-week live, online weight management class is led by a Registered Dietitian Nutritionist. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Visit the [NC Conference Wellness Programs webpage](#) for the registration code and link.

TOTAL Points Claimed this Section

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: <i>Take time to do something YOU enjoy and reward yourself with 10 points.</i> | 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

Submit to
 NCCUMC
 Attn: WIN
 700 Waterfield
 Ridge Place
 Garner, NC 27529

	Points Earned	Rebate Earned
Well-being Assessment Points (50 points; \$50 rebate)		\$
Eat Smart, Move More, Weigh Less Points (50 points; \$50 rebate)		\$
Additional WIN Points (100 points minimum; \$150 rebate)		\$
Total Earned		\$