### 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.)

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Maximum Points Earned for this Section is 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>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. <a href="http://www.bcbsnc.com/members">www.bcbsnc.com/members</a></td>
<td></td>
</tr>
<tr>
<td>TOTAL Points Claimed this Section</td>
<td></td>
</tr>
</tbody>
</table>

**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 | |

**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 | |

**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 | |

### Forms should be submitted to NCCUMC, Attn: WIN, 700 Waterfield Ridge Place Garner, NC 27529

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**Revised Form**

**2016**

<table>
<thead>
<tr>
<th>Health Assessment Points (50 required)</th>
<th>Pointed Earned</th>
<th>Office Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIN Points (100 minimum required)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Rebate Points</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>