

# 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)

**Health Assessment :** (Not available to retirees with HRAs or active plan children; Active plan enrollees eligible only)  YES  
 Completion of the online assessment will be verified via reporting from BCBSNC.  
**NEW PROCESS in 2022!!** I verify that I have completed the online Health Assessment at [BlueConnectNC.com](http://BlueConnectNC.com) Log in > Click on Wellness > Click Go to Wellness Portal > **Sign Up for Rally**. Rally is the new digital platform for taking the Health Assessment. Once you sign into Rally, you will be immediately taken to the Health Survey. **SAVE** your completion confirmation page. It may be needed before payment can be made. The Health Assessment Rebate will be processed once per calendar year and after it has been completed and verified. TOTAL Points this Section   
**Maximum Points Earned for this Section is 50**

**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.) points \_\_\_\_\_  
 Enter the # of miles you can document \_\_\_\_\_. Divide by 4.  
 Maximum allowed points = 50 Enroll in the Amazing Pace Program for additional rewards!

2. Physical activity such as gardening, housework, sports, exercise. points \_\_\_\_\_  
 Enter the # of hours of activity \_\_\_\_\_ (annual). Divide by 4.  
 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.* 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
	<b>Health Assessment Points (50 points; \$50 rebate)</b>		\$
	<b>Eat Smart, Move More, Weigh Less Points (50 points; \$50 rebate)</b>		\$
	<b>Additional WIN Points (100 points minimum; \$150 rebate)</b>		\$
	<b>Total Earned</b>		\$