

2023 Wellness Incentives

The Wellness INcentives program for active health plan participants ended on December 31, 2022. This program is continuing only for those retired participants and their spouses with the Health Reimbursement Arrangement (HRA) from the North Carolina Conference.

Name of Conference Retired HRA Participant _____
 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)

Activity:

1. Mileage (walking, jogging, swimming, etc.)
 Enter the # of miles you can document _____. Divide by 4. points _____
 Maximum allowed points = 50
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.* 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

	Points Earned	Rebate Earned
Total WIN Points (100 points minimum; \$150 rebate) Earned		\$

Submit to:
 NCCUMC
 Attn: WIN
 700 Waterfield Ridge Place
 Garner, NC 27529
 benefitsteam@nccumc.org