

One Life, Live it Well! 2014 Incentive Program

LiveWell Vermont

Be a Wellness Champion!

- ✓ Complete your online personal health assessment: \$50/50 Points
- ✓ Complete one wellness challenge: \$50/50 Points

Eligibility requirements

- Active employees insured with SOV BCBSVT are eligible for cash incentive. 50 points = \$50. Limited to \$100 per employee annually.
- Active employees not insured with SOV BCBSVT are eligible for drawings. 50 points = 1 drawing entry.

Completion requirements

- **Personal Health Assessment:** Get your wellness score when you complete your LiveWell Vermont online personal health assessment. Biometrics are encouraged but not required for incentives.
- **Wellness Challenge:** LiveWell Vermont challenges focus on varied topics, including physical activity, nutrition and stress. Completion requirements differ with each challenge.

Incentive period: March 15–December 15, 2014

- Incentives are awarded quarterly.
- Must be an active SOV employee at time of award.
- Cash incentives are taxable under federal and state tax law.
- Accommodations available for employees with disabilities.
- Incentives are available until funds/drawings are depleted or by December 15, 2014.

Please contact LiveWell Vermont at (802) 828-2804 or email DHR.LiveWellVermont@state.vt.us.

 **LiveWell Vermont**
STATE EMPLOYEES WELLNESS PROGRAM

Health and wellness plans administered by



**BlueCross BlueShield
of Vermont**

An Independent Licensee of the Blue Cross and Blue Shield Association.