

LiveWell Vermont

2015 Wellness Incentives

- ✓ Personal Health Assessment: \$50/50 Points
- ✓ ONE Wellness Challenge: \$25/25 Points
- ✓ ONE Workshop: \$25/25 Points
- BONUS! Annual Physical Exam: \$50/50 Points

Eligibility requirements

- Active permanent employees insured with SOV Blue Cross and Blue Shield of Vermont (BCBSVT) are eligible for cash incentives.
- Must be an active permanent state employee at the time of payment. 25 points = \$25.
- Active employees not insured with SOV BCBSVT are eligible for drawings. 25 points = 1 drawing entry.

Incentive period: January 1–November 1, 2015

- Incentives will be awarded quarterly.
- Limited to \$150 per employee annually.
- Cash incentives and drawings are taxable under federal and state tax law.
- Accommodations available for employees with disabilities.
- Incentives are available until funds/drawings are depleted or by November 1, 2015.

Completion requirements

- **Personal Health Assessment:** Complete your 2015 Health Assessment in the LiveWell Vermont wellness portal. Biometrics are encouraged but not required.
- **Wellness Challenge:** Challenges are administered through the wellness portal and address diverse wellness topics. Completion requirements vary with each challenge.
- **Workshop:** Complete a workshop in the wellness portal by November 1, 2015.
- **Annual Physical Exam:** Complete an annual exam between November 1, 2014 and November 1, 2015. Complete the verification form on the wellness portal to earn credit.

Questions?

Contact LiveWell Vermont: (802) 828-2804 or DHR.LiveWellVermont@state.vt.us

Health and wellness plans administered by



**BlueCross BlueShield
of Vermont**

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

LiveWell Vermont
STATE EMPLOYEES WELLNESS PROGRAM