

Discover Your Wellness

LiveWell Vermont



2016 Wellness Incentive Program

Wellness Core: 750 points/\$75

- ✓ Personal Health Assessment – 250 points
- ✓ Health Exam – 500 points
(November 2, 2015 - November 1, 2016)

Explore Wellness: 1000 points/\$100

- ✓ ONE Wellness Challenge – 500 points
- ✓ Discover Your Wellness Workshop – 250 points
- ✓ Explore Your Wellness Survey – 250 points

Completion requirements

- Access your account at <https://mybluehealth.bcbsvt.com>
- Complete all components of “Wellness Core” and/or “Explore Wellness” to earn incentive
- Complete one or both – it’s up to you! (“Wellness Core” and “Explore Wellness”)
- Complete components between January 1, 2016 and November 1, 2016 to be eligible for incentive (with exception of Health Exam)

Incentive period: January 1, 2016 – November 1, 2016

- Incentives awarded twice per year: June 23, 2016 and December 8, 2016
- Limited to \$175 per employee annually
- Incentives available until funds/drawings depleted or by November 1, 2016
- Cash incentives and drawings taxable under federal and state tax law
- Accommodations available for employees with disabilities

Eligibility requirements

- Must be active permanent state employee at time of payment
- Must use employee ID# as username to be eligible for incentives
- Eligible for cash incentive if insured with SOV Blue Cross and Blue Shield of Vermont (BCBSVT)
- Eligible for drawings if not insured with SOV BCBSVT

Questions?

Contact LiveWell Vermont:
(802) 828-2804
or DHR.LiveWellVermont@vermont.gov

**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.