

2017 LiveWell Vermont Incentive Program

Live Balanced

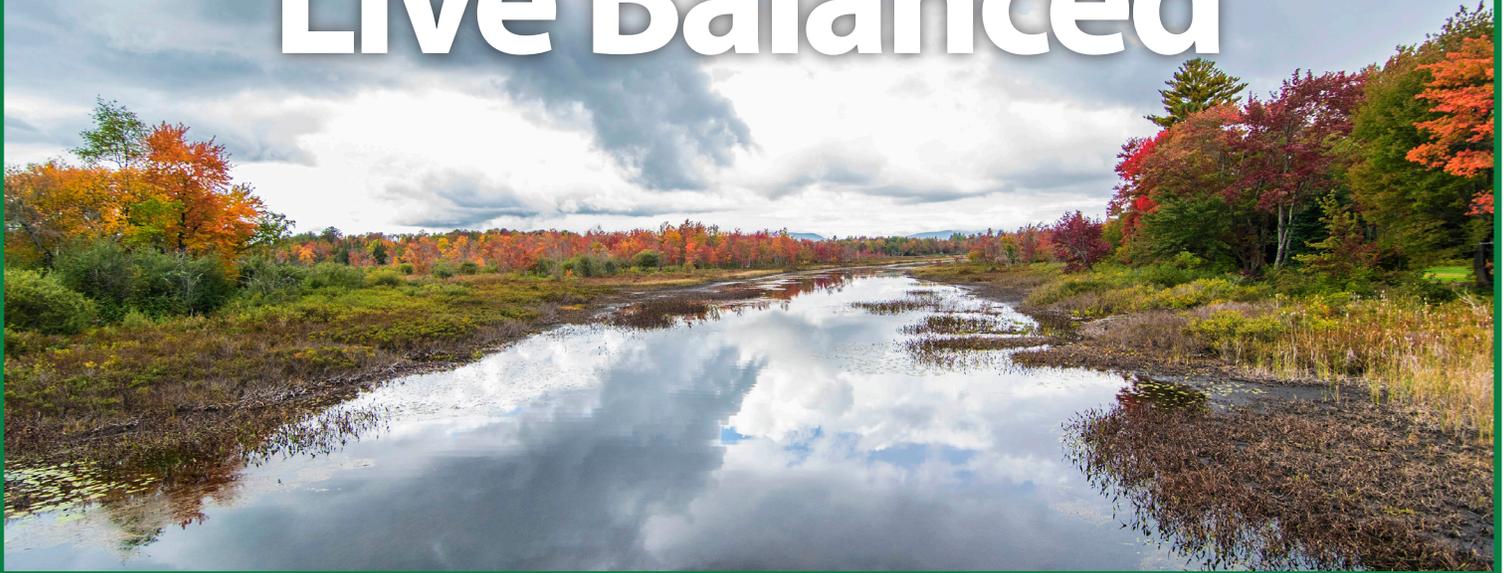


photo by Robin Katrick

January 1, 2017–November 1, 2017

Build Your Foundation– 500 points/\$50

Step 1: Health Assessment

Step 2: Wellness Score Survey

Must complete the health assessment
before completing the survey

Maintain Your Foundation– 350 points/\$35

Preventative Health Exam
Complete between 11/2/16–11/1/17

Access Your Account:

<https://mybluehealth.bcbsvt.com>

To Learn More Visit:

<http://humanresources.vermont.gov/benefits-wellness/wellness/incentive-program>

Reach Your Peak–900 points/\$90

Choose One Option:

Option 1: Two 4-week workshops
AND
One 4-week LiveWell
Vermont Challenge

Option 2: One 4-week workshop
AND
Two 4-week LiveWell
Vermont Challenges

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
- Incentives available until funds/drawings depleted or by November 1, 2017



Health and wellness plans administered by

**BlueCross BlueShield
of Vermont**

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