

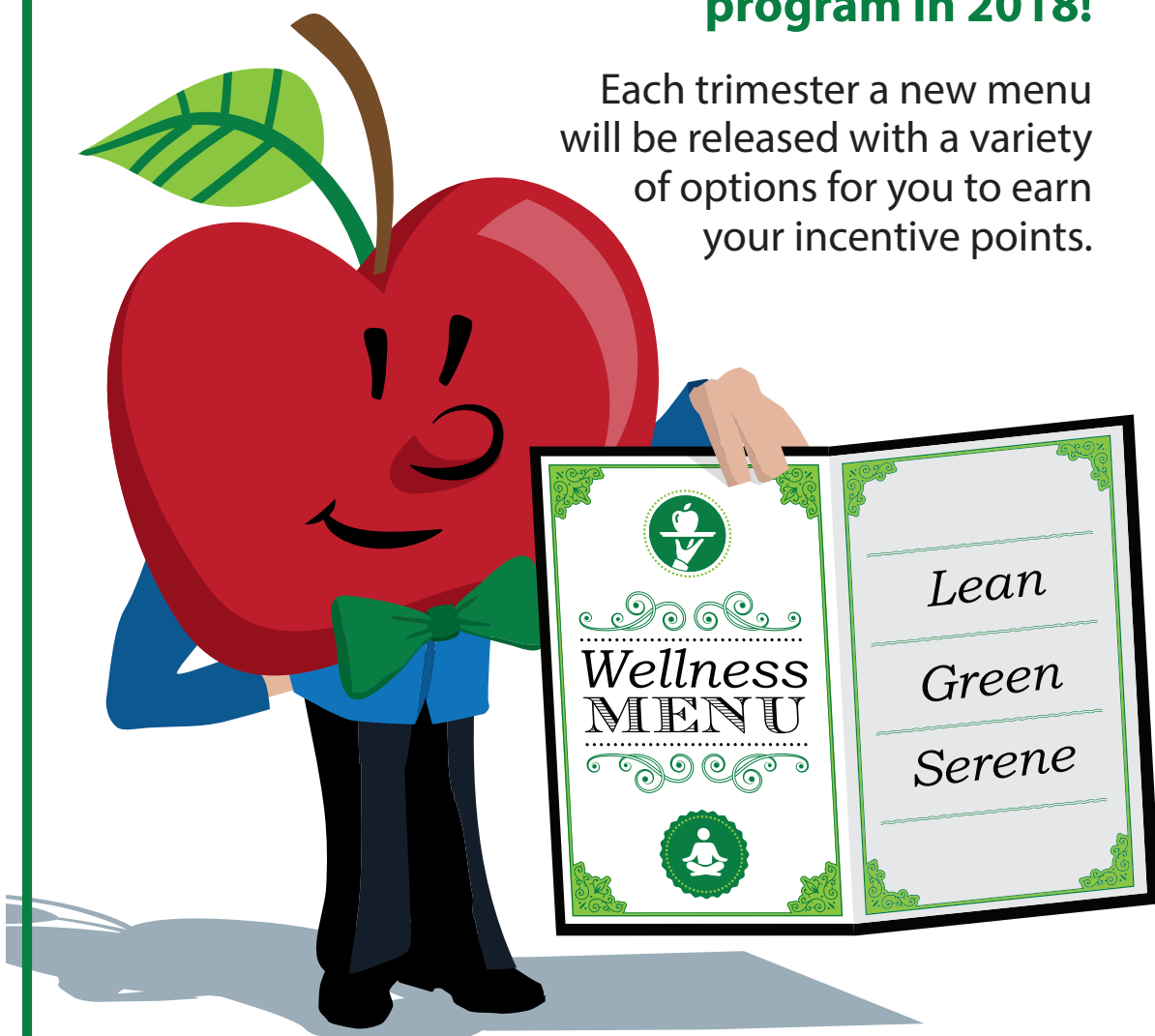
2018 LiveWell Vermont Incentive Program

Wellness: Your Way

January 1, 2018–November 1, 2018

Create your own wellness program in 2018!

Each trimester a new menu will be released with a variety of options for you to earn your incentive points.



Eligibility requirements

- Must complete the Personal Health Assessment and Wellness Score Survey
- 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 are available until funds/drawings are depleted or by November 1, 2018*

Access your account:

<https://mybluehealth.bcbsvt.com>

To learn more visit:

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

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



Physical Activity
January 1–April 14
100 points/\$50



Nutrition
April 15–July 28
100 points/\$50



Emotional Health
July 29–November 1
100 points/\$50

TRIMESTERS