



All employees and spouses enrolled in the CEBCO medical plan have the opportunity to complete this voluntary program before **AUGUST 14, 2020**.

2020 CEBCO Wellness Program: **Goal - 600 Points**

| ACTIVITY/COMPLETION MAX | POINTS PER ACTIVITY COMPLETED |
|--|-------------------------------|
| Health Evaluation (HE) *REQUIRED* - max of 1 | 300 |
| Personal Health Score OR Goal – max of 1 | 150 |
| Authorize Interactive Health to Share HE Results with Physician – max of 1 | 50 |
| Preventive Care – max of 2 | 50 |
| Complete ANY COMBO of 25 and/or 50 PT Activities for a max of 150 points: <ul style="list-style-type: none"> • Community/County 25 PT Activities – max of 6 • Community/County 50 PT Activities – max of 3 | 25 or 50 |
| Sync Device/Log Steps/Covert Activity to Steps – max of 1 | 100 |
| Complete Online Challenge – max of 2 | 25 |
| Complete Online Workshop – max of 2 | 25 |



Health Evaluation counts between 8/16/19 and 7/15/20; all other activities count from 8/16/19 to 8/14/20.



Questions?
Call Interactive Health at
800-840-6100

For details on the activities above, access the program beginning September 3, 2019 at www.myinteractivehealth.com. First time users will need to request their sponsor code from the county they are eligible through or contact Interactive Health at the 800 number above. Refer to the attached flier for details on how to complete the health evaluation. Incentives vary and are individually communicated by county/employer.