

# Healthy Reward\$



We've made staying healthy fun. You can earn up to \$500 by completing 12 health actions annually. The incentive program starts *July 1* and ends *June 1* of the following year. All activity points must be completed by *June 1* to be eligible. Reward checks are mailed out mid-*June*. You must be a district employee or employee retiree with MCSIG, PACE medical insurance, or special arrangements to be eligible. **Start earning points today!**

Register at [www.mcsig.com](http://www.mcsig.com). Click on the WellSteps link and enter your user name. Your **user name** is the initials of your name and your 6 digit date of birth. For example, John Smith born 2/15/72 would have the user name **JS021572**.

| \$500 = 12 Points • \$300 = 10 Points • \$200 = 9 Points • \$100 = 8 Points  |            |
|--|------------|
| Health Action  | Points     |
| Online health assessment <a href="http://www.mcsig.com">www.mcsig.com</a> .  | 1 required |
| Health Screenings (from a MCSIG health screening or lab results from your doctor)  | 1 required |
| Annual flu vaccination (mist or injection)   | 1          |
| Blood Pressure (<130/80)*  | 1          |
| Cholesterol Ratio (<4.5)*  | 1          |
| Glucose (<100 fasting or <140 non-fasting)*  | 1          |
| Healthy Weight (<29 BMI or attend an approved healthy weight program)  | 1          |
| Tobacco-Free   | 1          |
| Routine Physical Exam by M.D. or D.O. See WellSteps active link for form.  | 1          |
| Exercise Challenge (10/10 weeks x 150 min/wk)  | 1          |
| Community Health Event (Big Sur Marathon, 3K Mud Run, Zumbathon, etc.)   | 1-3        |
| Eat Right for Life or 10,000 Steps Program   | 1          |
| Quizzes at WellSteps (2 for 1 point)   | 1-2        |
| Health Education classes   | 1-2        |
| MCSIG special spring event   | 1          |
| Personal Wellness Plan. See WellSteps active link for form.  | 1          |
| Wellness Ambassador and/or Wellness Employee of the Quarter  | 1-2        |
| ID fraud protection – Anthem Blue Cross “All Clear” registration <a href="https://anthem.allclearid.com">https://anthem.allclearid.com</a> | 1          |
| Healthcare Cost Transparency – <b>Castlight</b> registration and 1 search per year. <a href="http://www.mcsig.com">www.mcsig.com</a>       | 1          |
| Bi-weekly Health Challenge (2 for 1 point)   | 1-2        |
| Personal Exercise Log. See WellSteps active link for form.   | 1          |
| Anthem Blue Cross care for chronic conditions (asthma, diabetes, etc.) 800.621.2232  | 1          |
| <b>TOTAL</b>   | <b>28</b>  |

\*Alternative standard available

Please contact Neil Hertsch at [nhertsch@mcsig.com](mailto:nhertsch@mcsig.com) for further information.

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