

Healthy Reward\$



2019-20

We've made staying healthy fun. You can earn up to \$250 by completing 9 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 issued in June.** You must be a district employee, spouse, CompleteCare or Kaiser member, or early retiree (before age 65) with MCSIG or PACE medical insurance to be eligible. **Start earning points today!**

Log in at www.wellsteps.com/mcsig if you have registered previously. You must register if you are a **new participant by first entering your email address to receive a verification code.** If you did not provide MCSIG with an email address on your benefit form you must enter your **username.** Your username is your initials of your name and your 6 digit date of birth. For example, John Smith born 2/15/72 would have the username **JS021572.**

Registration Video: <https://vimeo.com/345571793>

Rewards Video: <https://vimeo.com/345572239>

\$250 = 9 Points • \$200 = 7 Points • \$150 = 6 Points • \$100 = 5 Points		
Health Action List**	Points	✓
Required: Personal Health Assessment (online)	1	
Required: Biometric results* from your doctor (verification form) or MCSIG health check screening	1	
Cholesterol Ratio (≤4.5)	1	
Glucose (≤140 non-fasting or ≤100 fasting)	1	
Blood Pressure (≤130/80)	1	
Waist Circumference (Men ≤40" and Women ≤35" or attend an approved healthy weight or intuitive eating program)	1	
Required: Behavior change campaign 5-10 weeks* (2 campaigns are offered but only 1 is required)	1-2	
Tobacco/Vape free	1	
Community/Worksite Health Event (Big Sur Marathon, Salad Cooperative, Walking Club, etc.)	1-2	
Eat a plant-based diet (beans, fruits, vegetables, grains, & nuts) on most days	1	
Exercise log (30 minutes a day for 8 weeks)	1	
Preventive exam (annual physical, colonoscopy, mammogram, well-woman/man, calcium score, etc.)	1	
Influenza vaccination	1	
Wellness Ambassador at your worksite	1	
Volunteering in the community 12 hours minimum	1	
Teladoc – register and complete health history (registration carries over yearly for 1 point)	1	
Bi-weekly health challenge (complete 2 for one point)	1	
Quizeos (complete 2 for one point)	1	
Start a garden box (or continue) at your worksite or home. Upload a picture of your first crop.	1	
Chronic Condition Passports*** (Heart Disease, Diabetes, Neck & Back Disorders in Monterey County, Dietary, etc.)	1-2	
*Alternative standard available **Subject to change *** Only for those with a diagnosed chronic condition	TOTAL	23

Questions? Contact Jessica Amezcua at jamezcua@mcsig.com or call us at (831) 755-0161 for more information.