

ELIGIBILITY	
All employees can participate for the incentive – full time, part time, limbo, on and off the health plan.	
WHAT DO I DO?	
Complete healthy habits to earn 100 points between October 1, 2020 and September 30, 2021 to earn a \$250 contribution into your HSA or HIA for 2022. Participants not on any of the health plans are eligible for prize drawings throughout the program year.	
HEALTHY HABIT DESCRIPTIONS	INCENTIVE
Details below on how to complete each healthy habit	
PERSONAL HEALTH ASSESSMENT (PHA)	20 points
<ul style="list-style-type: none"> Complete the personal health assessment on your portal or on the Healthy Path app 	
PHYSICIAN FORM	30 points
<ul style="list-style-type: none"> Submit proof of your annual screening with your physician via email, fax, or mail to HealthWorks (Print form from your portal) 	
PREVENTIVE CARE FORM	30 points
<ul style="list-style-type: none"> Submit proof of 1 preventive care visit via email, fax, or mail to HealthWorks (Print form from your portal; or a receipt copy will work, too) 	
HEALTH COACHING	20 points
<ul style="list-style-type: none"> Through HealthWorks, Knova, PCHP, or Accordant (Coaching participation will be sent to HealthWorks with employee permission – no submission necessary) 	
WORK LIFE TRAINING OR WEBINAR	10 points
<ul style="list-style-type: none"> Submit proof of attending a Work Life Webinar or completing a Work Life Training via email, fax, or mail to HealthWorks (Access Work Life website from your portal) 	
LOCAL RACE OR CENTRA SPONSORED EVENTS	10 points
<ul style="list-style-type: none"> Submit proof of participating in a race or walk via email, fax, or mail to HealthWorks (Health fairs and challenge participation will be tracked – no submission necessary) 	
BEACON FINANCIAL MODULE	10 points
<ul style="list-style-type: none"> Access the modules in Beacon’s learning center (Instructions are on your portal; attendance will be sent to HealthWorks– no submission necessary) 	
WELLNESS WORKSHOPS	10 points
<ul style="list-style-type: none"> Access a variety of wellness workshops on your portal on topics such as: diabetes prevention, cardiovascular disease, stress, sleep health, life balance, anxiety, back pain and more 	

Wellness portal is go.hw4me.com

Earned incentive program points will be updated on your wellness portal within 5-7 business days

For questions, point submissions, or guidance, contact the HealthWorks team at 434.200.2345 or info@hw4me.com