



Incentive Program Guide

Although the wellness program is voluntary, all eligible employees will be required to complete the Core Requirements in order to be eligible for rewards. Full-time and part-time A employees enrolled in the medical plan are eligible. All rewards are distributed on your paycheck at the end of the program year.

Log into the wellness portal at UGRoadtoWellness.com to get started!

Step 1

Complete Core Requirements* to earn \$75 on your paycheck:

*You cannot earn any of the rewards unless these are completed.

- Personal Health Assessment
- Verified Labs & Biometrics
- Identify a Primary Care Physician (PCP)

\$75

Step 2

Complete 225 points worth of annual Wellness and Preventive Activities to earn \$225 on your paycheck.

See reverse side for annual Wellness and Preventive Activity opportunities.

\$225

Step 3

Complete 50 points worth of quarterly Wellness Activities to earn \$50 on your paycheck.

See reverse side for quarterly Wellness Activity opportunities.

\$200
\$50 per quarter

Step 4

Earn an additional \$100 Reward!

If you earn \$500 by completing steps 1 - 3 listed above, you will earn an additional \$100 on your paycheck at the end of the program year.

+ \$100

= up to
\$600
potential earnings

Well-being Themes:

Emotional
Well-being

Physical
Well-being

Community
Well-being

Financial
Well-being

Questions?

Please contact your Health Navigator, Abby Nowlin, at (816) 201-7000 or Support@PrimaryHealthNetwork.com.

Incentive Program Guide

Program Start: October 19, 2017

Program End: December 31, 2018

Step 1: Complete Core Requirements to earn \$75 on your paycheck at the end of the program year.

Wellness Evaluation (All three steps are required)	\$75
Personal Health Assessment Complete once annually	25
Verified Labs & Biometrics Complete once annually at your worksite, the Road to Wellness Employee Health Center, or with your PCP	25
Identify a Primary Care Provider (PCP) Identify a PCP in the community or at the Road to Wellness Employee Health Center	25



Step 2: Complete 225 points worth of annual Wellness and Preventive Activities to earn \$225 on your paycheck at the end of the program year.

Annual and Bi-Annual Wellness Activities	Tobacco Free (Only one can be completed, once annually)	Annual Max Points
	Tobacco Free Verification Complete the form located on your Road to Wellness portal	10
	Complete 12-week Tobacco Cessation Commit to quit by enrolling in our Tobacco Cessation program	100
	Wellness and Preventive Activities	Annual Max Points
	Health Coaching in Person (confidential telephonic coaching is also available) 25 points/visit	100
	Provider Annual Physical Exam Can only be completed once per year; 75 points/visit	75
	Dental Exam Can be completed twice per year; 25 points/visit	50
	Eye Exam Can only be completed once per year; 25 points/visit	25
	Physical Activities (Can be earned daily)	Annual Max Points
	Exercise Logging Log your strength training exercise = 1 point; up to 1 point/day	30
	Step Tracking 1 point earned with every 5,000 steps, maximum of 10,000 steps per day (2 pts.)	30

Step 3: Complete 50 points worth of quarterly Wellness Activities to earn \$50 on your paycheck at the end of the program year (up to a max of \$200/year).

Quarterly* Wellness Activities	Health Management (Can be earned quarterly)	Quarterly Max Points
	Health Center Tour Complete a 30-minute tour to learn more about our service offerings (one time only)	25
	Disease Management Through United Healthcare (UHC will contact you if eligible based on your conditions)	25
	Health Education	Quarterly Max Points
	Online Workshops Varying points/workshops	30
	Online Wellness Classes 10 points/class	30
	Quarterly Theme Activities	Quarterly Max Points
	Well-being Health Class (in-person event)	25
	Well-being Event Participation	25

*Quarter 1: Oct 2017 - Mar 2018 | Quarter 2: Apr - Jun 2018 | Quarter 3: Jul - Sep 2018 | Quarter 4: Oct - Dec 2018



Step 4: Earn an additional \$100 Reward!

If you earn \$500 by completing steps 1 - 3 listed above, you will earn an additional \$100 on your paycheck at the end of the program year.

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