



## WELLBODY CLUB FAQs

### How do I participate in the WellBody Club program?

You become part of the WellBody Club program by completing an annual health screening and health coaching appointment with a health coach, and an annual physical exam with your primary care provider. Based on your results, you will attain a club status – either 10, 25, 50, or 200.

### Who is eligible for program?

All employees and spouses are eligible for the WellBody Club screening and health coaching program, however, only employees are eligible for the financial incentives.

### What is the incentive for participating?

Employees that participate in the screening and health coaching session will receive a \$25 Participation Gift Card at the time of their screening. Employees that complete the screening, health coaching and annual blood work with their primary care provider are eligible for a Rewards Gift Card in the amount of their club. For example, Club 200 members receive a \$25 gift card at the time of their screening, and then a \$200 gift card at year's end.

### How do I participate?

Employee participants are scheduled for screening and health coaching within their department. Spouse participants are invited to participate at any time but are contacted in early spring. If you missed the screening within your department, please contact The Wellness Team prior to December 5<sup>th</sup> to schedule a time.

### What is the difference in the WellBody Club incentive and the WellBody Plus Rewards programs and incentives?

The WellBody Club is a voluntary screening and health coaching program. Based on your results you will place in one of 4 clubs: 200, 50, 25, or 10. Incentives are:

1. Employees receive \$25 participation gift cards at the time of their screening.
2. Employees receive a gift card to their club status at the end of the year. You must participate in the WellBody Club to then qualify for Well Body Plus Rewards. However, you may participate in WellBody Club alone and elect not to participate in WellBody Plus Rewards. Also, you may participate in WellBody Club and receive the cash incentive of 10, 25, 50 or \$200 without being covered by an AMERICAN health plan. Spouses are not eligible to receive the WellBody Club cash incentive.

The WellBody Plus Rewards Program offers a monthly discount on your health care premium for employees and spouses on the ACIPCO Traditional Medical plan. To receive the discount participants set goals and then reach them prior to their next appointment.