

Turn Healthy Choices into Dollars at www.healthtrustnh.org

Activity	Point Value	Max Frequency	Max Value	Additional Incentive
Qualifying Event - Must complete this activity prior to earning points				
Online Health Assessment	100 if completed between 1/1/17 - 3/31/17 50 if completed 4/1/17 - 12/31/17	1x/Year	N/A	\$50/Year
Points-earning activities				
Biometric Health Screening	75	1x/Year	75	\$75/Year
Health Coaching Engagement	50	1x/Quarter	200	\$50/Year
Self-tracking	5	65x/Quarter	1300	
Self-directed Course Completion	50	1x/Quarter	200	
Self-directed Course Progress Check-in	25	1x/Month	300	
Online Challenge	100	1x/Year	100	
Preventive MD Visit**	100	1x/Year	100	
Preventive Dental Visit	25	2x/Year	50	
Annual Physical†	100	1x/Year	100	
Connect Your Device or Mobile App	100	1x/Year	100	HAP** up to \$100 once connected 1x/Year
Track 30 Minutes or 10,000 Steps Using a Fitness Device or Mobile App	5	65x/Quarter	1300	
Disease Management Program Graduation (Anthem Condition Care Programs)	100	1x/Quarter	400	
Seminar/Wellness Class (HealthTrust Sponsored)	25	4x/Quarter	400	
Contact Health Coach	50	1x/Quarter	200	

*Preventive MD Visits include: Prostate Cancer Screening (Men), Mammograms, Pap Test, Bone Density Testing (Women), Colonoscopy (Both).

**Upon completion of your 2017 HA, you may receive up to \$100 reimbursement from the Health Awareness Program (HAP) toward the cost of a mobile fitness device purchased 1/1/17 or after and connected to your secure account at Onlife Health within two calendar months of purchase. Dependents under age 26 are not eligible to receive HAP reimbursement for fitness devices.

†Medicomp-covered enrollees need to submit a completed *Annual Physical* and *Preventive MD Visit Form* (available at www.healthtrustnh.org) to receive points for these activities.

Earning Points is Healthy and Easy!

HealthTrust has partnered with Onlife Health to offer a variety of activities proven to have a positive impact on your health. By participating in these activities, you can earn points toward cash rewards and you will be on the right track to improving your health.

- Enrollees who earn **250 points** each quarter from January 1, 2017 to December 31, 2017 receive **\$50** for up to **\$200/year**.*** Points will be reset at the beginning of each quarter.
- In addition, every **250 points** earned per quarter equals one entry into a raffle of one of (5) **\$1000 gift cards** and one of (50) **\$100** online gift certificates for Wellness Codes.***
You can earn multiple entries. Example: If you earn 750 points in a quarter, you will be in the drawing three times.



- I completed my Health Assessment on 1/1/2017 and earned 100 points and \$50.
- I connected my Garmin Vivofit to the Onlife portal and earned 100 points.
- I made sure to walk 10,000 steps per day, and earned 5 points each time I synced my Fitbit in the first quarter.
- I earned 250 points by the end of the first quarter, which gave me an entry into the sweepstakes, and another \$50!
- I earned 250 points by the end of the first quarter which earned me \$50 and a sweepstakes entry!



- I completed my Health Assessment on 4/1/2017, and earned 50 points plus \$50.
- I attended a regional Biometric Health Screening and earned 75 points and \$75.
- I purchased a Fitbit and connected it to the portal to earn 100 points. I submitted my *Health Awareness Program Reimbursement Request Form* to receive \$100 toward the purchase of my wearable device.
- I worked with an Onlife coach to increase my physical activity, and completed a Health Coaching Engagement, which earned me 50 points and another \$50.
- I also earned an entry into the sweepstakes, and a third \$50 reward because I had earned 250 points in the quarter!