



# FEHB Healthy Living Wellness Incentive Program

When you complete one or more of the qualified wellness activities below, we'll reward you with up to \$250 per qualified enrollee OR up to \$500 per household. This reward will go directly into your Health Savings Account (HSA), Health Reimbursement Account (HRA), or Health Incentive Account (HIA) to use for qualified medical expenses.

**To be eligible for this program, you must meet the following conditions:**

- > Enroll on a SelectHealth FEHB plan option
- > Be at least 18 years of age or older

## QUALIFYING WELLNESS ACTIVITIES

If eligible, all you need to do is complete one or more of the following activities:

**Completion of a Health Check assessment — \$50**

Visit [selecthealth.org/fehb](https://selecthealth.org/fehb) and log in to your SelectHealth account. From the dashboard, go to *My Tasks* to access the Virgin Pulse® Health Check.

**Completion of annual biometric screening — \$50**

This screening can be completed during your annual wellness visit with your Primary Care Provider (PCP) for no cost. If you attend community health screening events, you may be able to receive the following measurements:

- > Body Mass Index (BMI)
- > Blood pressure
- > Total cholesterol, HDL, LDL, and triglycerides

**Gym membership — \$50**

Provide proof of current gym or fitness club membership.

**Enrollment in a weight loss program — \$50**

- > Options include Weigh to Health®, Weight Watchers®, Jenny Craig, or programs administered by an in-network hospital or clinic.
- > You may choose any class or program offered or endorsed by SelectHealth or Intermountain Health®. Other formal weight loss programs or health education classes may be considered a qualifying wellness activity if approved by SelectHealth. Alternative or holistic education services are not considered qualifying wellness activities.
- > Provide proof of participation.

**Enrollment in a tobacco cessation program such as Quit for Life — \$50**

This program allows participants to progress at their own pace from home. For more information, call **866-784-8454**.

**Enrollment in an Intermountain education course — \$50**

Options include obesity, diabetes, asthma, nutritional counseling, etc.

**Getting recommended cancer screenings — \$50**

Options include a mammogram, cervical cancer screening, colonoscopy, etc.

**Enrollment in and completion of the SelectHealth Healthy Beginnings® program — \$50**

This program is designed to help you have the healthiest pregnancy possible.

**Other healthy lifestyle choices — \$50**

Log in to your member account at [selecthealth.org/fehb](https://selecthealth.org/fehb) to view healthy lifestyle choice options.

## HOW DO I GET MY REWARD?

Visit [selecthealth.org/fehb](https://selecthealth.org/fehb) and log in to your member account. You can view your wellness progress tracking and rewards information and document your completed wellness activities from there. Remember: all qualified wellness activities must be self-reported by **November 30**.

## NEED HELP?

Scan the QR code below or visit [selecthealth.org/plans/fehb/healthy-living](https://selecthealth.org/plans/fehb/healthy-living)



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This information is available for free in other languages and alternate formats by contacting SelectHealth: **844-345-3342**.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電