

WELLNESS INCENTIVE PROGRAM

The SPU Wellness incentive program, *accessed through your account within Aetna.com*, helps you change unhealthy behaviors and rewards you for taking action. The goal is to help you make healthier choices to reduce your risk of illness. As a part of the Wellness program, you'll find that the incentive-based rewards are geared toward achieving real results that also mean a real, healthy change for you.

Wellness Activities and Incentives Available from January 1 through December 31, 2023

ACTIVITY TYPE	DESCRIPTION	PER YEAR	VALUE	MAXIMUM INCENTIVE	MAXIMUM INCENTIVE REWARDS PER PLAN YEAR
SIMPLE STEPS by AETNA	Complete/Update both Health Assessment and any Aetna online Wellness Program	1	\$50 employee \$50 spouse	\$100 per family max	\$400 per person/per year
PREVENTIVE CARE ACTIVITIES <i>(tracked by Aetna through medical claims system)</i>	<ul style="list-style-type: none"> Well Adult Visit Well Woman Visit 	1	\$100	N/A	
METABOLIC SCREENING	<ul style="list-style-type: none"> Biometric Screening: <ul style="list-style-type: none"> SPU Onsite Event Quest Labs Physician Form, uploaded to Quest Labs 	1	\$75	N/A	
OTHER PREVENTATIVE SERVICES	<ul style="list-style-type: none"> Mammogram Colonoscopy Prostate Exam 	1	\$75	N/A	
PASS METABOLIC SYNDROME SCREENING *OR* COMPLETE (2) ONLINE DIGITAL WELLNESS JOURNEYS	<ul style="list-style-type: none"> Achieve a healthy blood pressure of less than or equal to 139/89 Achieve a healthy LDL level of less than or equal to 129mg/dl Achieve a healthy blood fasting sugar level of less than or equal to 100mg/dl OR <ul style="list-style-type: none"> Explore health goals-online digital coaching /journeys on Aetna.com 	1	\$100	N/A	

How to Access and Request Earned Wellness Incentive Rewards

When you complete tasks listed above, Aetna tracks the completion and applies it to a gift card system. Your gift card will be emailed to you upon Aetna's receipt that the activity was complete.

The Wellness journeys system is accessible through your employee account with Aetna.com. From the home page, select the "Health and Wellness" tab and then the "Access Wellness" link found at the bottom of the "Stay Healthy" section with the heart icon.