



Outcomes-based incentive program sample (basic)

Employees who earn 40 total credits by participating in various wellness activities throughout the year will receive [incentive] in [benefit year].

Questions?

Please contact [contact name] at [phone] or by email at [email address].

Earning Period: [start date] – [end date]	Credit Value	Credit Max
Complete introductory education and quiz	3	3
Complete health risk assessment (HRA)	10	10
Complete biometric screening	5	5
Preventive exams: Annual Well Woman or Well Man exam	5	5

Blood pressure \leq 120/80* (or blood pressure workshop or risk category improvement)	6	6
Glucose $<$ 100 (or blood sugar workshop or risk category improvement)	6	6
Total cholesterol $<$ 200 (or cholesterol workshop or risk category improvement)	6	6

Form may be submitted for blood pressure, glucose or total cholesterol values. If you do not qualify for a biometric value, you may complete the workshop listed above.

Work with Blue Cross HealthyOptions nurse coaching tobacco/nicotine cessation program	15	15
Work with Blue Cross HealthyOptions nurse coaching (e.g. weight management, diabetes)	15	15
Wellness challenges (credits equal to number of weeks of challenge)	1-4	30
Wellness workshops	1	5
EAP webinars	1	8
Complete financial wellness workshop	5	5
Preventive exams: Bi-annual dental exam	3	6
Preventive exams: Annual eye exam	3	3

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