**Outcomes-Based Incentive Program Sample (Intermediate)**

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| Progressive Structure and Activities | Points |
| Year 1: 100 points needed to earn the incentiveComplete biometric screeningComplete health risk assessment (HRA) | 5050 |
| Year 2: 100 points needed to earn the incentiveNo elevated risk within biometric screening resultsParticipate in monthly challenge#1Participate in monthly challenge#2Complete age-appropriate preventative exam (e.g. mammogram, colonoscopyAttend educational session (in-person or online) #1Attend educational session (in-person or online) #2Visit the gym \_\_x a month for \_\_ monthsComplete annual physical with primary care physician (PCP)Participate in fitness event (e.g. 5K, walk/run, bike event)Complete BCBSKS HealthyOptions nurse coaching tobacco/nicotine cessation programComplete BCBSKS HealthyOptions nurse coaching (e.g. weight management, diabetes)Complete an approved alternative activity | 702020202020202020505020 |
| Year 3: 100 points needed to earn the incentive No elevated risk within biometric screening resultsParticipate in monthly challenge#1Participate in monthly challenge#2Participate in monthly challenge#3Complete age-appropriate exam (e.g. mammogram, colonoscopy)Attend educational session (in-person or online) #1Attend educational session (in-person or online) #2Visit the gym \_\_x a month for \_\_ monthsComplete annual physical with primary care physician (PCP)Participate in fitness event (e.g. 5K, walk/run, bike event)Complete Weight Watchers enrollment and attendance at meetingsComplete BCBSKS HealthyOptions nurse coaching tobacco/nicotine cessation programComplete BCBSKS HealthyOptions nurse coaching (e.g. weight management, diabetes)Complete an approved alternative activity | 7020202020202020202040505020 |