

NAME OF SPOUSE OR DEPENDENT: _____

To earn an additional \$250 for 2-person or family plans:

- Your spouse or dependent (age 18+) must complete the online health assessment, have a preventive exam with their primary care provider, age-appropriate screening, dental exam, vision exam or complete an on-site biometric screening [or](#)
- If your dependent is 3 - 17 years old, dependent must have a preventive exam and a dental exam or vision exam [or](#)
- If your dependent is 0 - 3 years old, dependent must have a well-care visit

HEALTH ASSESSMENT *(required for 18+ only)*

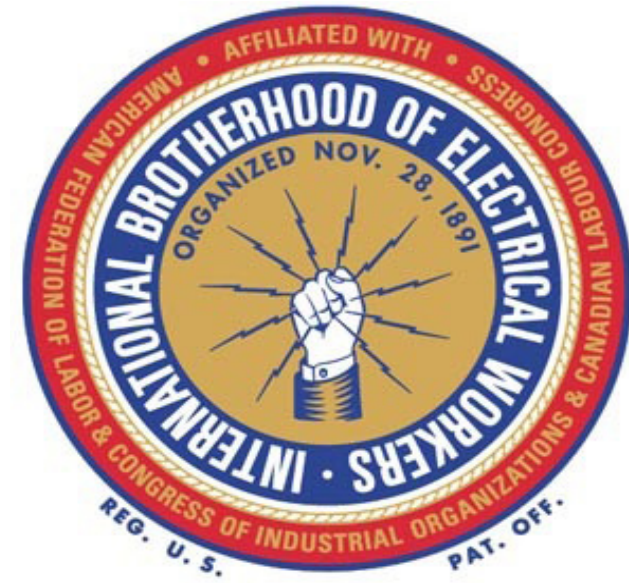
DATE COMPLETED: _____

WHICH SCREENING DID YOU COMPLETE?

- PREVENTIVE EXAM WITH PRIMARY CARE PROVIDER**
- AGE-APPROPRIATE SCREENING**
- DENTAL EXAM**
- VISION EXAM**
- ON-SITE BIOMETRIC SCREENING**

*Attach documentation of your exam in the form of a signed note from your provider,
Explanation of Benefits (EOB) from your insurance carrier or a receipt.*

Be rewarded for your healthy habits!



Between January 1, 2018 and December 31, 2018 you can earn \$250 - \$500 by engaging in healthy activities.

Health and wellness benefits provided by:



**BlueCross BlueShield
of Vermont**

An Independent Licensee of the Blue Cross and Blue Shield Association.

NAME: _____

Single Plans

Members enrolled on single plans can earn \$250 in their HSA/HRA by completing the following:

1. Log into <https://mybluehealth.bcbsvt.com> to complete the online health assessment
2. Have a preventive exam with your primary care provider, age-appropriate screening, dental exam or complete an on-site biometric screening
3. Attend an IBEW Local 300 wellness event or complete an online wellness workshop on <https://mybluehealth.bcbsvt.com>

2-Person or Family Plans

Members enrolled on 2-person or family plans can earn up to \$500* in their HSA/HRA by completing the following:

1. Log into <https://mybluehealth.bcbsvt.com> to complete the online health assessment
2. Have a preventive exam with your primary care provider, age-appropriate screening, dental exam, vision exam or complete an on-site biometric screening
3. Attend an IBEW Local 300 wellness event or complete an online wellness workshop on <https://mybluehealth.bcbsvt.com>
4.
 - a. Have your spouse or dependent (18+) complete 1 and 2 or
 - b. If your dependent is 0 - 3 years old, dependent must have a well-care visit or
 - c. If your dependent is 3 - 17 years old, dependent must have a preventive exam and dental exam or vision exam.

*Complete 1 - 3 to earn \$250. Have a spouse or dependent complete 4 and earn an additional \$250.

HSA/HRA deposits will occur on a quarterly basis. Deposits will be made in April, July, September and December.

Submit your completed tracker and documentation of your exams to Jean Watkins or Danielle Bombardier.

ARE YOU ENROLLED IN
A SINGLE, 2-PERSON
OR FAMILY PLAN?

SINGLE

2-PERSON

FAMILY

EARN \$250:

DATE HEALTH ASSESSMENT COMPLETED: _____

WHICH SCREENING DID YOU COMPLETE?

- PREVENTIVE EXAM WITH PRIMARY CARE PROVIDER
- AGE-APPROPRIATE SCREENING
- DENTAL EXAM
- VISION EXAM
- ON-SITE BIOMETRIC SCREENING

Attach documentation of your exam in the form of a signed note from your provider, Explanation of Benefits (EOB) from your insurance carrier or a receipt.

ATTEND AN IBEW WELLNESS EVENT OR
COMPLETE AN ONLINE WORKSHOP

- MARCH 13 - UNION HALL
- MAY 17 - CHARLEMONT
- SEPTEMBER 14 - UNION HALL

WORKSHOP NAME: _____

DATE COMPLETED: _____

EARN AN ADDITIONAL \$250 (ONLY 2-PERSON
& FAMILY PLANS ARE ELIGIBLE)

