

# 2017 ISAC Wellness Program

## Employee Checklist

This checklist represents the activities a county insured employee should complete to receive the maximum incentive. Employees can complete program options between January 1, 2017 and October 31, 2017.

### Program Options

- Completion of preventive exam with physician & completion of Wellness Assessment (\$50)
- Completion of activity programs (\$50 each with a maximum of 3/\$150)
- Maximum incentive is \$200

### Checklist

- Register/Login on Wellmark.com
- Register/Login in 2017 on the Wellmark Wellness Center  
**REMEMBER: you can register/login via the Wellmark Mobile App**  
**Login in required to receive rewards**



Congratulations you are now eligible to receive incentives for the 2017 ISAC Wellness Program

- Schedule your preventive exam with your physician  
*Eligible Exams: Annual Preventive Physical, Mammogram, Colonoscopy, Prostate Exam, Zoster Vaccine, Gynecological/Pap smear Exam*
- Attend your preventive exam with your physician
- Login to Wellmark Wellness Center (via Wellmark.com) and self-report your preventive exam  
*Please Note: This is done by clicking the reward tab on the Wellness Center Homepage and entering the date of your exam, in the area "I did this" for preventive exam. You will see a green check mark with done once this has been completed*  
*Reminder – Monthly Wellmark will upload credit for preventive exams through claims. To be rewarded claims need to be submitted as routine/preventive. Please check the rewards site frequently to ensure your exam has been uploaded. If it has not please self-report the exam.*
- Complete your Wellness Assessment  
*This is via the Wellmark Wellness Center where you previously registered*
- If you have completed your preventive exam & your wellness assessment you would receive a \$50 gift card incentive
- Throughout the year look for communication from your county wellness committee on activity programs that will be made available to you. As you complete the activity programs you will earn an additional \$50 (up to \$150) for these activities  
**Remember: your wellness committee will provide completions to Wellmark to upload completions into the Wellmark Wellness Center Reward portal**
- Frequently go back to the Wellmark Wellness Center Reward Page to see that your participation in the activity programs have been submitted to Wellmark via your wellness committee  
*Gift cards are distributed as you earn them for the activity programs*



Contact your Wellness Committee or the Wellmark Wellness Center Help Desk (877-252-8412) for questions or additional information