



2024 HEALTH & WELLNESS INCENTIVE

Earn Rewards on Your Journey to Better Health



Complete Your
Wellness Incentive
Reward Requirements
and Earn \$100.*

New for 2024

The Health and Wellness Incentive program has expanded to encourage employees to invest in their physical health and take steps to prevent or manage chronic conditions.

HOW TO BECOME ELIGIBLE FOR YOUR \$100 REWARD CARD

1. Complete your Biometrics Screening, online Health Risk Assessment, and Wellness Activity (New for 2024) between 1/1/2024 and 12/31/2024 to earn a \$100 reward card credit redeemable at a variety of retailers. See your medical plan instructions below for details.
2. Visit www.LaCountyGetsFit.com and create a user account. Or log into your existing account. Track your progress towards earning a \$100 reward card.
3. New - Complete your medical carrier's Wellness Activity. See *What's New for 2024* for detailed instructions.
4. Choose your reward options for the \$100 credit earned. Employees will receive an email on how to redeem their credit in the form of an e-gift card. Allow two to eight weeks for email(s) to be sent after qualifying for an award.
5. For questions about www.LaCountyGetsFit.com or about your \$100 reward card, email customer support at support@mybenefitschannel.com. For more information, see the Wellness Tutorial tab at www.LACountyGetsFit.com and view the Countywide Wellness Incentive FAQs.

These rewards are available to County employees who are 18 and older and enrolled as a direct subscriber in County-sponsored medical plans. **Medical plan dependents are not eligible.**

To learn more about wellness incentive opportunities, check out the [Countywide Wellness Challenge - Virtual Edition](#) in Spring 2024. Earn rewards while you improve your health.



Reward Cards are limited for each Plan

*While supplies last. ONLY employees enrolled in County-sponsored medical plans are eligible for the reward card. In accordance with applicable tax law, reward cards you receive will be reported by the County as taxable wages on your W-2, and applicable payroll taxes will be withheld from your regular pay.

HURRY! REWARDS ARE ONLY AVAILABLE WHILE SUPPLIES LAST.





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Follow these steps to earn your \$100 reward card

1. Complete an online Health Risk Assessment (HRA) at anthem.com/ca/countyoflosangeles, confirm completion of validated biometric values from your physician, and complete 30 Wellness Activity credits at www.LaCountyGetsFit.com.
2. Go to anthem.com/ca/countyoflosangeles and click on the “Anthem.com” link at the top right of the homepage to access the member website; login using your User ID and password.
3. Once you login, you will be directed to the Member Access page.
4. Click on the “My Health Dashboard” tab located at the top of the page and then (from the drop down menu) click on “Programs” to access the HRA under My Health Check-In. Complete the entire assessment to receive credit for the incentive.
5. **New** - Obtain your updated biometric information including blood pressure, cholesterol (HDL/LDL), triglyceride, glucose, and A1C from your most recent 2024 doctor visit. Log into www.LaCountyGetsFit.com and confirm your biometric screening completion. See *What's New for 2024* to learn how.
6. **New** - Beginning in 2024, earn 30 wellness activity credits at www.LaCountyGetsFit.com; you will receive credit after passing each course's quiz. See *What's New for 2024* for detailed instructions.

Website: anthem.com/ca/countyoflosangeles

Additional Discounts & Programs*

As an Anthem member, you qualify for discounts on products and services that help promote better health and well-being. Here are a few examples of the offers and discounts:

- **GlobalFit**, brought to you by Husk Wellness - Discounts on gym memberships, fitness equipment, coaching and other services.
- **Fitbit** - Shop the Fitbit storefront for discounted devices and access a premium membership at no cost to you. Uncover trends and understand how activity, sleep, and mindfulness all fit together to make a healthier you happen. Get started today.
- **Living Lean** - Learn how to change the way your mind responds to food and achieve a healthy weight. Save 15% on the Living Lean online video coaching course now. Use discount code SpecialOffers at checkout.
- **ChooseHealthy** - Discounts on acupuncture, chiropractic, massage, and fitness clubs.

For more information on these available discounts, log on to anthem.com/ca/countyoflosangeles and click on “Care” then select “Discounts” or call the customer service phone number at (844) 730-1931. All discounts are subject to change without notice.

*Please note: This information is subject to change without notice. Please contact the medical plan directly for questions and updates. Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.



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1. Complete the online Health Risk Assessment (HRA), provide validated biometric values from your physician, and complete 30 wellness activity credits at www.LaCountyGetsFit.com.
2. The Health Risk Assessment (HRA) is available online at myCigna.com.
3. Login using your User ID and password; if you do not have a User ID and password, please click on **Register Now** and follow the prompts.
4. Once you login, at the top of the page, hover over the **"Wellness"** tab and click on **"Health Assessment."**
For questions on biometric screening, eligibility, and incentives, call the Member Services number on the back of your Cigna ID card.
5. **New** - Beginning in 2024, earn 30 wellness activity credits at www.LaCountyGetsFit.com; you will receive credit after passing each course's quiz. See *What's New for 2024* for detailed instructions.
6. Direct reward card questions to Cigna's Customer Service at **(800) 244-6224**.

Website: myCigna.com



Additional Discounts & Programs*

Cigna Healthy Rewards includes special discounts on programs and services designed to help enhance your health and wellness. This program is separate from Cigna coverage, the services don't apply to your plan's copays or coinsurance, and doctor referrals are not required.

Using Healthy Rewards is easy – no referrals or claim forms needed! If you're enrolled in a medical, behavioral, or dental plan, you're eligible. Here's how to get started:

- Review the online program under the **"My health"** tab on mycigna.com or call **(800) 870-3470**.
- Print your Healthy Rewards Discount Card.
- Show your Cigna ID card or Healthy Rewards Discount Card to get the discount.
- Make your discounted payment.

Start saving today with Cigna Healthy Rewards® Get discounts on the health products and programs you use every day: weight management and nutrition, fitness, mind/body, vision and hearing care, and alternative medicine.

Healthy lifestyle **Real brands. Real discounts. Real awesomeness.**

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1. Complete your online Total Health Assessment, ensure your biometric screenings are up to date, and complete one week of check-ins for one Healthy Lifestyle Program mission.
2. Register on kp.org/engage to see if you are up to date with biometric screenings, including body mass index, blood pressure, cholesterol, and glucose.
3. **New** - Complete your Total Health Assessment and an online Healthy Lifestyle Program mission by linking to these activities directly from kp.org/engage or, once registered, by going to kp.org/tha. See *What's New for 2024* for detailed instructions.

For questions about the health and wellness incentive program, contact the Rewards Customer Service team at rewardscustomerservice@kp.org or (866) 300-9867 and provide your name, issue, employer name, and daytime phone number.



Additional Discounts & Programs*

- Most Kaiser Permanente facilities provide interactive health workshops focused on a variety of topics, including weight management, diabetes prevention, heart health, diabetes management, and smoking cessation for their members. Workshops may be offered at no charge to Kaiser Permanente members and are available in English and Spanish. Topics and availability vary at each facility. Healthy Balance, kp.org/healthybalance, the weight management diabetes prevention program, is available to Kaiser Permanente members at no charge. To learn more about these and other resources go to kp.org/centerforhealthyliving or kp.org/classes.
- Wellness Coaching by phone is available at no charge to Kaiser Permanente members. Whether you need support to quit tobacco or manage your weight, you can work with a wellness coach to build a plan tailored just for you. To schedule a phone appointment, call (866) 862-4295 between 7 a.m. and 7 p.m., Monday through Friday.
- Tap into the power of self-care. Adult members can download the Calm, myStrength, and Headspace Care apps at kp.org/selfcareapps.
- ChooseHealthy™ - Receive preferred rates on select fitness club memberships and get reduced rates for health services, such as: chiropractic care, acupuncture, and massage therapy. No referral necessary. Call (877) 335-2746 or visit kp.org/ChooseHealthy.

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1. Complete your online health assessment, submit a Physician Form with your Biometric Screening results, and complete 30 wellness activity credits.
2. Visit www.healthyatcola.com for information about how to complete your health assessment and download your Physician Results Form.
3. For questions about the biometric form, please contact UHC Rewards at
 - Phone: **(866) 230-2505** Monday – Friday between 7 a.m. – 6:00 p.m. CST
 - Online FAQs: Login to LetsGetChecked via myuhc.com
 - UHC Rewards FAX#: **(305) 489-8502**

New - Beginning in 2024, earn 30 wellness activity credits at www.LaCountyGetsFit.com; you will receive credit after passing each course's quiz. See *What's New for 2024* for detailed instructions.



Additional Discounts & Programs*

Good news – your health plan comes with a new way to earn up to \$300, through UnitedHealthcare Rewards. Take a variety of actions – including things you may already be doing – to receive rewards. Get started at myuhc.com® or on the UnitedHealthcare app®.

- Log into enroll.realappeal.com for your free online weight loss program where you are given one-on-one coaching and a success kit with a food scale, weight scale, workout DVD, meal planner, and more to help you achieve and maintain a healthy weight.
- At myuhc.com, find these benefits: (1) One Pass Select to choose from our large nationwide network of gym brands and local fitness studios, and (2) find the free AbleTo app which provides on-demand access to self-help for stress and emotional well-being, and access to self-care techniques, coping tools, meditations and more—anytime, anywhere; share it with covered family members age 13 and over. Learn more at ableto.com/begin

For questions, call **(800) 367-2660**.



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