



Health and Wellness Incentive Program

What's New for 2024

The Health and Wellness Incentive program has expanded to include wellness activities that encourage employees to invest in their well-being by taking steps to prevent or manage chronic conditions and improve their physical health.

- To qualify for the \$100 Health and Wellness Incentive, participants must complete the **Biometrics Screening, online Health Risk Assessment, and Wellness Activity** (New for 2024) as defined by the member's medical carrier. Instructions for how to complete the new wellness activity are listed below by medical plan carrier.
- In addition, Anthem Blue Cross-covered employees will also need to confirm the completion of their biometrics in the Employee Wellness Portal at lacountygetsfit.com. See page 5 for more information.

How to Complete the NEW Wellness Activity for Each Medical Plan

KAISER PERMANENTE MEDICAL PLAN MEMBERS - Complete a Healthy Lifestyle Program Mission

Step 1 – Go to www.kp.org/Engage. Be sure to register if you haven't already. **Sign In.**

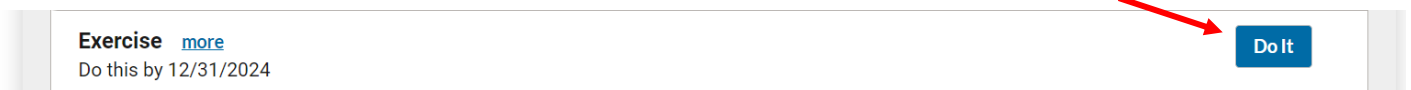


[Health and wellness](#) > [Total Health Assessment](#)

Take the Total Health Assessment

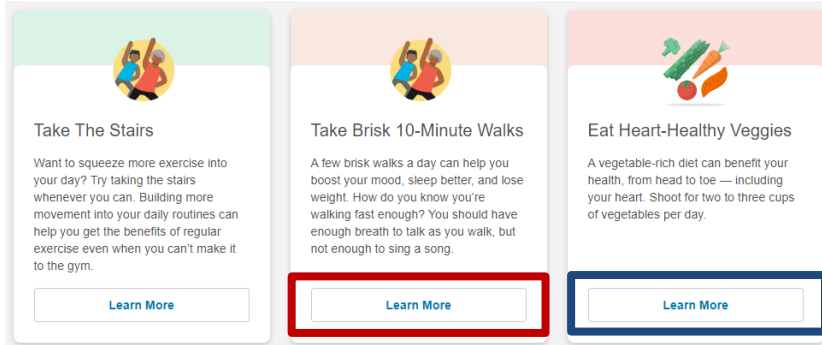
Step 2 – Take the Total Health Assessment (THA) at www.kp.org/tha. At its conclusion, several missions will be generated automatically based on your answers on the THA. You can choose one of those or review the full list and choose your own.

Step 3 – Go to **Healthy Lifestyle Program (HLP)** and review the nine HLP categories: Tobacco, Weight, Sleep, Nutrition, Stress, Mood, Diabetes, Exercise, and Alcohol. For example, select Exercise and further explore that category.





Step 4 – Review the missions under that category and select the mission(s) that you want to complete. There are 120 missions available in all nine lifestyle behavior categories. For example, you could choose “Take Brisk 10-Minute Walks” as a mission under the category Exercise or “Eat Heart-Healthy Veggies” under the category Nutrition and click “Learn More”:

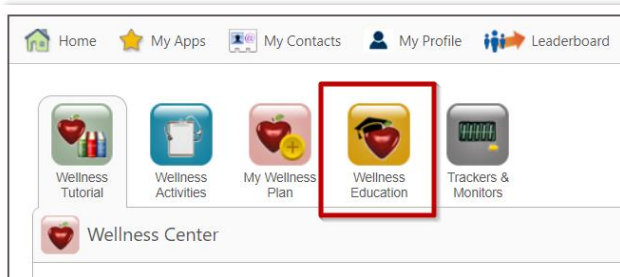


Step 5 – Log in to confirm completion of your first week’s mission activities. Continue the mission to completion to get its full health benefits. Each mission has a unique duration and requirements.

UHC, ANTHEM, and CIGNA MEDICAL PLAN MEMBERS - Complete 30 Wellness Activity credits

Step 1 – Go to www.LACountyGetsFit.com and Login.

Step 2 – Click the **Wellness Education icon at the top of the page.**

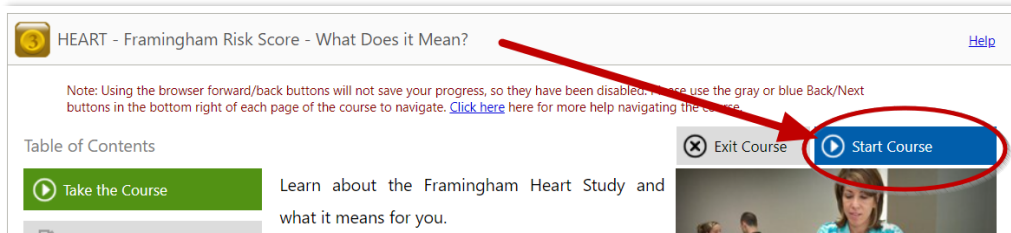


Step 3 – Navigate to the category “WELLNESS INCENTIVE – Wellness Activity (3rd Step)” to see the list of eligible wellness education courses. Complete 30 wellness activity credits to fulfill the requirement. Click on the course title (blue link) to begin the course. Each course is linked to an important health topic, CAPITALIZED at the beginning of the title. For example, the word “HEART” at the beginning of the course title below tells us that the course is about strategies to maintain a healthy heart. Once you complete the course and pass the quiz, your “Earned Credits” column will show the credits earned.

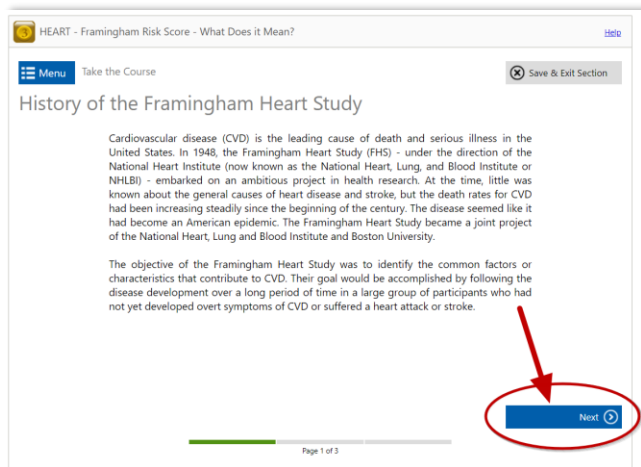
CATEGORY	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
HEART - Framingham Risk Score - What Does it Mean?	Elective		10		
HEART - Healthy Heart Club	Elective		15		
HEART - Physical Activities for Your Heart	Elective		25		



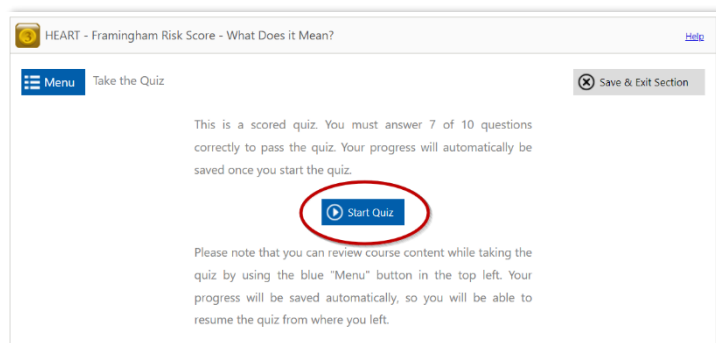
Step 4 - Click on the blue "Start Course" button.



Step 5 - Complete the course material. Click the **Next** button at the bottom of the page to move forward through the course.



Step 6 – After completing the course material, click the blue "Start Quiz" button. You must score 80% or higher to pass the quiz and receive credit.





After selecting an answer to each question, click the blue **“Next”** button at the bottom of the page to move forward through the quiz.

HEART - Framingham Risk Score - What Does it Mean?

Menu Take the Quiz Save & Exit Section

No tool can predict your risk for heart disease with 100% accuracy.

☒ TRUE
☐ FALSE

Next

Question 1 of 10

Step 7 – Once you have passed the quiz, you will receive a **“Congratulations, you have passed this quiz”** notification. Click the blue **“Finish Course”** button to proceed. You can also review your answers by clicking the button “Review your responses.”

HEART - Framingham Risk Score - What Does it Mean?

Menu Take the Quiz Save & Exit Section

Congratulations, you have passed this quiz.

You answered 8 out of 10 questions correctly.

Review your responses Finish Course

You will then receive a **“Course Completed”** notification, stating that you have fulfilled the requirements to complete the course and have earned credits. Here you can view and/or print your certificate by pressing the **“View Certificate”** button. To exit the course, click the blue **“Exit Course”** button.

HEART - Framingham Risk Score - What Does it Mean?

Course Completed!

Congratulations, you have fulfilled all the requirements to complete this course and you have earned 10 credits. You may view or print your certificate by pressing the button below.

View Certificate

Review Course Exit Course

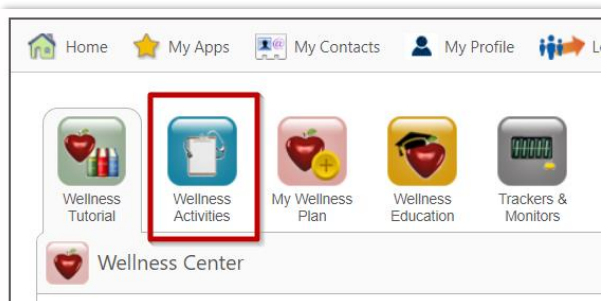
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ANTHEM MEDICAL PLAN MEMBERS ONLY – Confirm Biometrics in the Employee Wellness Portal at lacountygetsfit.com.

Step 1 – Go to www.LACountyGetsFit.com and **Login**.

Step 2 – To get started on confirming your biometric completion, click the **Wellness Activities** icon at the top of the page.



Step 3 – In **Group Sponsored Activities** on the Wellness Activities page, click the activity titled **“ANTHEM MEMBERS: Confirm Your Completion of Biometrics”**. Pressing this button confirms that you have updated your biometrics for Blood pressure, Total Cholesterol (LDL, HDL, and Triglyceride), Blood sugar levels, and Hemoglobin A1c level during the 2024 calendar year.

Group Sponsored Activities					
ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
ANTHEM MEMBERS: Confirm Your Completion of Biometrics	Recommended	12/31/2024	0		
Los Angeles County Wellness Program Tutorial	Recommended	12/31/2024	0		

Step 4 – In the **Date** field, type in the date you completed your biometrics. Then, click the blue **Certify** button. The activity will be marked with a green check mark in the status column indicating you completed the activity.

SELF CERTIFICATION

Activity: ANTHEM MEMBERS: Confirm Your Completion of Biometrics

Date: * Required

Remarks:

By clicking "Certify" below, you are creating an electronic signature that certifies that you performed the activity as described, on the date reported. Discovery that you have falsified any part of this record may result in forfeiture of any and all rewards earned up to this date.

ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
ANTHEM MEMBERS: Confirm Your Completion of Biometrics	Recommended	12/31/2024	0	0	✓
Los Angeles County Wellness Program Tutorial	Recommended	12/31/2024	0		

Step 5 – Don't forget to complete your 30 Wellness Activity credits as described beginning on page 2.