## INSURED EMPLOYEES

Employees Enrolled as “Primary” on the DMPS Health Plan can earn up to $200 in wellness incentive dollars! The Healthy U wellness incentive dollars you earn this year, help pay your employee contribution costs for DMPS health insurance next year in 2016-2017.

### 2015 Healthy U Wellness Activities

**STEP 1:** Participate in the Onsite Biometric Screening. $50
**Deadline:** 12/5/2015 (To earn incentive dollars, you need to participate in the screening being offered by Healthy U. Screenings done at other locations will not be accepted for incentive credit.) *(Automatically uploaded & reported to the Wellmark WebMD Rewards Page)* Online Registration opens 8/24/2015.

**STEP 2:** Complete Online Wellness Assessment. $50
**Deadline 3/31/2016** Complete at [www.wellmark.com](http://www.wellmark.com) through the Wellness Center powered by WebMD. *Assessment Opens January 1, 2016–March 31, 2016.* Must be completed between 1/1/2016-3/31/2016 to receive incentive credit! *(Automatically uploaded & reported to the Wellmark WebMD Rewards Page)*

**STEP 3:** Complete & Self-Report 6 Wellness Activities from the Wellness categories below. $100 (All six activities are self-reported to earn credit) **Deadline 6/1/2016.**

- **Bucket #1: Healthy U Preventive Screenings/Vaccinations** Complete/Self-Report 2 Activities
- **Bucket #2: Healthy U Personal Wellness Challenges** Complete/Self-Report 1 Challenge
- **Bucket #3: Healthy U EDU** Complete/Self-Report 3 Activities

The Healthy U wellness incentive dollars you earn this year, help pay your employee contribution costs for DMPS health insurance next year, 2016-2017. The more you do, the more you can earn!

## NON-INSURED EMPLOYEES, EMPLOYEE INSURED AS DEPENDENT

Non-Insured Employees or Employees covered as the dependent on the DMPS Health Plan Can Earn $100 in Taxable Income (per Federal Guidelines)

### Complete ONLY 6 Activities Below to Earn $100

**Healthy U Wellness Activity Bucket**
Complete & Self-Report 6 Wellness Activities from the Wellness categories below. **Deadline 6/1/2016**

- **Bucket #1:** Healthy U Preventive Screenings/Vaccinations
  Complete/Self-Report 2 Activities
- **Bucket #2:** Healthy U Personal Wellness Challenges
  Complete/Self-Report 1 Challenge
- **Bucket #3:** Healthy U EDU
  Complete/Self-Report 3 Activities

**Healthy U Begins July 1, 2015 – June 1, 2016.**
You may begin completing and self-reporting your activities from July 1, 2015 forward!

For Program Information: Visit the DMPS Website, Under the Staff Tab, and Then Healthy U.

Returning Users: Log in at [www.wellmark.com](http://www.wellmark.com) Then “Visit the Wellness Center” and your WebMD Rewards Page to Self-Report Completed Activities.

First time users: For the Primary card holder, You must use your Wellmark Insurance card number and Register online at [www.wellmark.com](http://www.wellmark.com) If you are the non-insured employee or DMPS employee dependent you must use your Wellmark ID card number. Once you have completed the registration process you officially have access to the Wellness Center!