

## 2015 PROGRAM REQUIREMENTS

#1 Complete your Member Health Assessment and Biometric Screening by 4/30/2015 to earn a \$50 gift card!

#2 Reach the 200 point goal by 12/31/15 to earn a \$50 gift card!

### Who can participate in the program?

Beginning January 1, 2015, all SJVIA health plan covered employees are eligible to participate in the Member Health Assessment (MHA) and Biometric Screening, and may log on to [www.SJVIAWellnessWorks.com](http://www.SJVIAWellnessWorks.com) to take part in all the available wellness activities.

ENGAGE™ PROGRAM	
ASSESSMENTS	POINTS
Biometric Screening (Required)	50
Member Health Assessment (Required)	50
PREVENTIVE CARE COMPLIANCE	POINTS
Preventive Care Compliance	50
PROGRAM ACTIVITIES	POINTS / MAX
Employer Challenges	15 each / 60 max
Online Courses	10 each / 30 max
Webinars	5 each / 30 max
Questionnaires	5 each / 45 max
Targeted Programs	15 each / 45 max
Peer Challenges	10 each / 30 max
Healthy Events	
1. Weight Management/Weight Loss Program	5 each / 15 max
2. Fitness/Endurance Event	
3. Employer-Specific Event such as a health fair/training	
DISEASE MANAGEMENT	POINTS / MAX
Care Plan Complete (first 6 months of plan year)	20 each / 20 max
Care Plan Enrolled (last 6 months of plan year)	
COACHING II	POINTS / MAX
High Health Score (> 80)	20 each / 20 max
Moderate Health Score (70 – 79.9)	10 each / 20 max
Low Health Score (<70)	5 each / 20 max
PROGRAM GOAL	200