



- ❖ Geauga County Employee Wellness Program is a Voluntary Healthcare Incentive Program.
- ❖ Geauga County Employees who are currently on our Healthcare, may earn the “Wellness Rates” that provide lower healthcare premiums instead of the standard rate in 2025 by completing the 2023-2024 Wellness Program.
- ❖ Although Spouses of plan members are permitted to participate, they are not required to complete the program for the employee to receive the Wellness Rates.
- ❖ Spouses must set up their own wellness account to track their own progress and earn their rewards. Participants must be 18 Years or older.

CEBCO Rewards 200

Goal: Focus on your well-being and earn rewards up to \$200



The more activities you complete, the greater your reward

The CEBCO Rewards 200 program connects you with easy-to-use digital health and wellness tools that can help you stay your best.

When you and your covered spouse complete any of the activities listed between August 15, 2023, and August 14, 2024, you'll earn rewards to put toward electronic gift cards from select retailers. You choose the activities you'd like to complete to receive the maximum of \$200.



How do I access the Wellness Program?

Log onto Anthem.com
or Download the Sydney Health app

Who to I contact with Questions about the Program?

Log in at **anthem.com** or open the **Sydney Health app**.
Then go to My Health Dashboard and select My Rewards
to learn more.

You can also call Member Services at the number on your
health plan ID card.

Contact Kelly Bidlack, Wellness Program Coordinator
Call 440-279-1671 or email: kbidlack@co.geauga.oh.us

What if my app is not working properly?

Call Sydney app Tech Support: 866-755-2680

CEBCO Rewards 2023-2024 Wellness Program: August 15, 2023 – August 14, 2024

Geauga County Employee REQUIRED ACTIVITIES

The following activities must be completed the Employee to achieve the incentive of Wellness Rates for 2025.


- Annual Wellness Exam with your Physician
- A1C & Cholesterol Lab Tests
- Login to Anthem.com or Sydney App
- Download your Healthcare ID Card
- Update Your Contact Information
- Health Assessment

All Activities must be completed through the Anthem.com/Sydney App and will automatically track your rewards. **HOWEVER, *you are responsible to know you completed the minimum requirements listed above.***


If you only did the minimum requirements, you could earn \$85 in gift card rewards from Anthem!

Check out the entire list for more ways to earn Rewards!

The Employee Plan Member and their Spouse each can earn up to \$200 EACH!

Activity Type	Activities	Amount
 Preventive care	★ Have an annual preventive wellness exam or well woman exam with your doctor	\$25
	★ Get an annual cholesterol test ¹	\$10
	Have a colorectal cancer screening (ages 45 and older)	\$25
	Have a routine mammogram (women ages 40 to 74)	\$25
	Get an annual flu shot	\$10
	Get a COVID-19 vaccine and boosters	\$5
	Have a prostate cancer screening	\$5
	Get an HPV, pneumococcal, or shingles shot	Up to \$15 (\$5 each)
	★ Receive an annual A1C lab test	\$10
	Have a skin cancer screening	\$5

★ = Geauga County Incentive Requirement

Activity Type	Activities	Amount
 <p>Condition management programs</p>	SWORD Virtual Physical Therapy: Complete this program for back, joint, and muscle pain relief from the comfort of home	\$30
	ConditionCare: Work one on one with your health coach and earn rewards for completing the program ²	\$30
	Building Healthy Families: Complete a post-partum assessment. Support is available through the Sydney SM Health app wherever you are in your family planning process, such as trying to conceive or raising your toddler ³	\$30
	Taking regular medications for asthma, COPD, coronary artery disease, diabetes, or hypertension	Up to \$100 (\$20 each)



Digital and wellness activities

★	Log in to your Anthem account	\$5
	Connect a fitness or lifestyle device	\$5
★	Complete a health assessment and receive tailored health recommendations	\$25
	Complete action plans around eating healthy, weight management, and physical activity	Up to \$25 (\$5 per action plan)
	Track your steps	Up to \$50 (\$2 per 50,000 steps tracked)
	Complete Well-being Coach digital daily check-ins ⁴	Up to \$20 (\$4 per milestone)
★	Update your contact information	\$5
	Log daily nutrition: Track 800 calories a day for at least 30 days	\$60
	Track your sleep	Up to \$30 (\$10 for 15 days per month)
★	Download your health plan ID card	\$5
	Read five educational articles and watch five videos	\$5

Well-being Coach can help you meet your goals

The Well-being Coach digital coaching app offers you 24/7 personalized support. Well-being Coach can help you maintain a healthy weight, quit tobacco, and improve your nutrition, exercise habits, mindfulness, and sleep. If you need extra support with weight management or quitting tobacco, talk to a certified health coach.

Earn rewards

Here's how and when you'll earn rewards for completing the activities already mentioned.



Preventive care: Visit your doctor for any of the screenings or appointments listed in the chart. Your rewards are added to your account after your claim is processed, which may take up to 60 days.



Condition management: Rewards are added to your account as you meet certain benchmarks or complete a program. Programs include: ConditionCare (for asthma, diabetes, and heart or lung conditions) and Building Healthy Families.



Digital and wellness activities: Log in to the Sydney Health app or **anthem.com** to complete available activities, such as taking a health assessment, participating in the Well-being Coach digital program, and tracking your steps. Rewards are added to your account as activities are completed.



Building **Healthy** Worksites

On-site Blood Draws/Health Screenings will be provided by the HealthWorks team at various Geauga County locations in Spring.

Log onto the HealthWorks website to schedule your appointment:

<https://portal.healthworksdata.com/>

You will have access to your bloodwork results through your HealthWorks portal.

HealthWorks will bill your insurance, so your Claim will show up on your Rewards page.

You will print your bloodwork results from your HealthWorks Portal to give them to your physician for review.

Watch your email for more information!

* HealthWorks is ONLY to be used for bloodwork purposes – to schedule your appointment and retrieve your results.*



Geauga County Sponsored Wellness Activities



Wellness Activities sponsored by Geauga County Wellness, will continue to assist each participant on their well-being and journey toward a healthy lifestyle.



Free fitness classes, Prize Drawings, and other activities with incentives will take place throughout the year. This allows one to be able to engage in their personal well-being and growth by becoming an active participant in these bonus activities.



Some activities will turn your focus onto the Digital Activities listed on the Wellness Program app for Anthem's gift card reward. Example: Counting Steps in the Walk the Parks Challenge.





Geauga County Wellness Activities will provide additional activities to enhance the programs provided in the digital program.

Digital Wellness Activities:

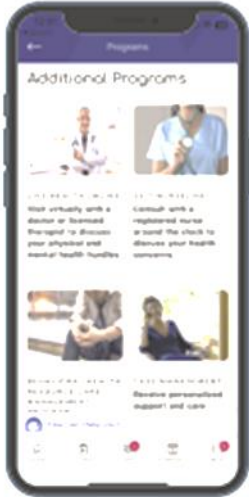
- Education
- Action Plans
- Nutrition Tracker
- Sleep Tracking
- Tracking Steps
- Team Challenges

County-Sponsored Activities:

- * In-Person/Online Lunch-n-Learns
- *Bingo Game with Prizes
- * In-person Food Demonstration
- *To Be Determined*
- *Walk the Parks Challenge, Fitness/Yoga Classes
- *To Be Determined*

**All Geauga County Employees are invited to and encouraged to participate in the Annual Health & Wellness Expo on May 9, 2024! Free food, games and giveaways with informative vendors will be available as always!
Mark your calendar and join us!**

Use your rewards toward electronic gift cards for select retailers



- 1 To view your rewards, open the Sydney Health app or go to **anthem.com**. Next, go to *My Health Dashboard*.



- 2 Select **My Rewards**.



- 3 Select **Redeem Rewards** to see how much you've earned. Use your rewards toward electronic gift cards from popular retailers, including Amazon, Gap Options (all brands), Apple, Target, The Home Depot, TJ Maxx, and Uber. The minimum gift card amount is set by each individual retailer. You can redeem your rewards by **August 14, 2024**.

Redeem Rewards as often as you like or wait until the end of the program!



**ANTHEM REWARDS
DO NOT
CARRY OVER
INTO THE NEXT YEAR!**

**CLAIM YOUR REWARDS
BY THE END OF
THE WELLNESS PROGRAM
TO ENSURE YOU
DON'T LOSE THEM!**

**Failure to collecting your rewards
Does not have an impact on your
County- Healthcare Incentive**

Wellbeing Solutions for CEBCO



Whole-person care to help improve health outcomes, simplify healthcare, and increase value

If you haven't done so already...Register Today!



From your computer

1. Got to Anthem.com/register
2. Provide the information requested
3. Create a username and password
4. Set your email preferences
5. Follow the prompts to complete your registration



From your mobile device

1. Download the free Sydney mobile app and Select *Register*
2. Confirm your identity
3. Create a username and password
4. Confirm your email preferences
5. Follow the prompts to complete your registration

Text **SYDHEALTH** to **268436**



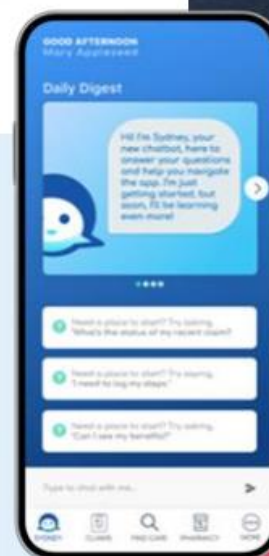
for a link to download our app,
or visit anthem.com/signup



Sydney Health mobile app

Download Sydney Health and register on the app to take full advantage of your Anthem plan.

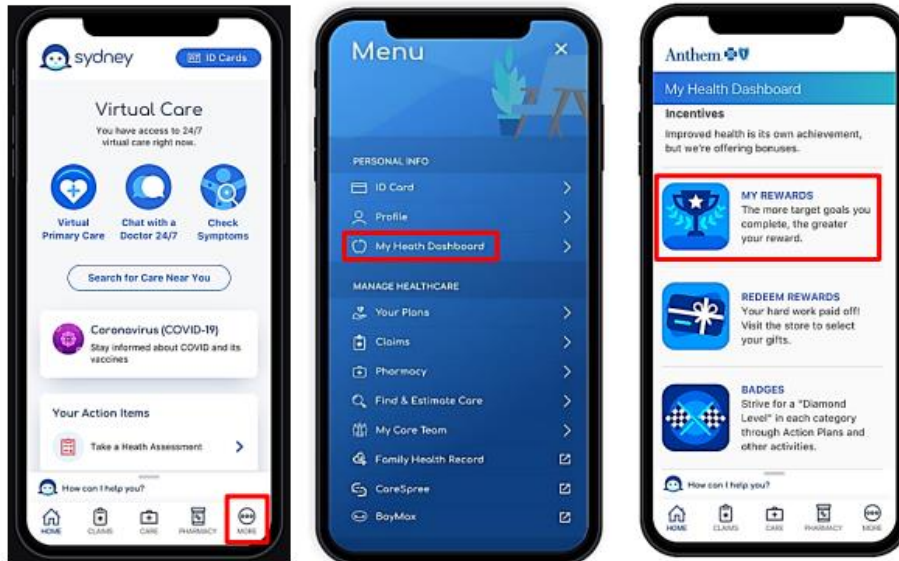
- **Find care** and check costs.
- See **all benefits**.
- **View claims** and payment information.
- View and use **digital ID cards**.
- **Manage prescription** orders and refills.
- **Get answers quickly** with the interactive chat feature.
- Access **Telehealth**.
- Access **wellness resources** and rewards.
- Sync with your **fitness tracker**.
- **Reach Member Services** for support.



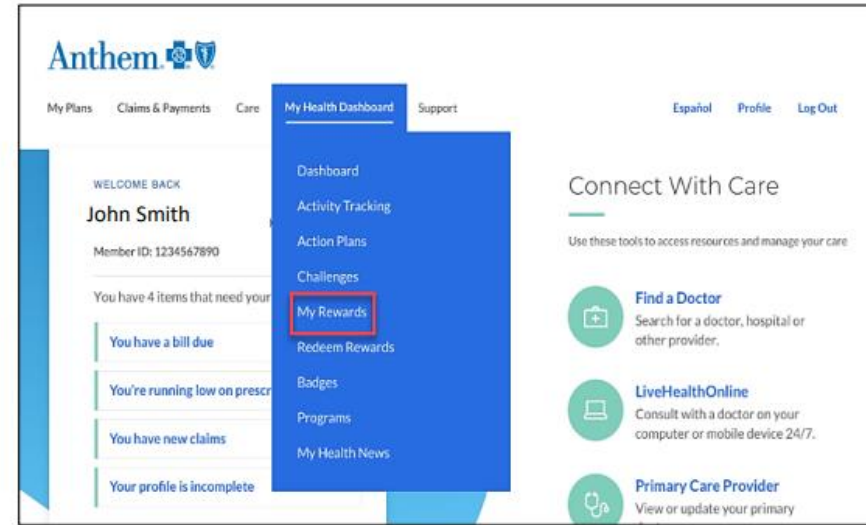
Members' User Experience- Live on 1/1/24

- Rewards can be found on “**My Health Dashboard**” on the Sydney Health app or Anthem.com.
- On the Sydney app, first click on the “**More**” button and then from the “**Menu**” page select “**My Health Dashboard**”. Then select “**My Rewards**”, to see the list of your rewards and your reward balance.
- On Anthem.com, select “**My Health Dashboard**”, from your navigation panel at the top and then “**My Rewards**” from the drop-down menu.

Sydney Health app

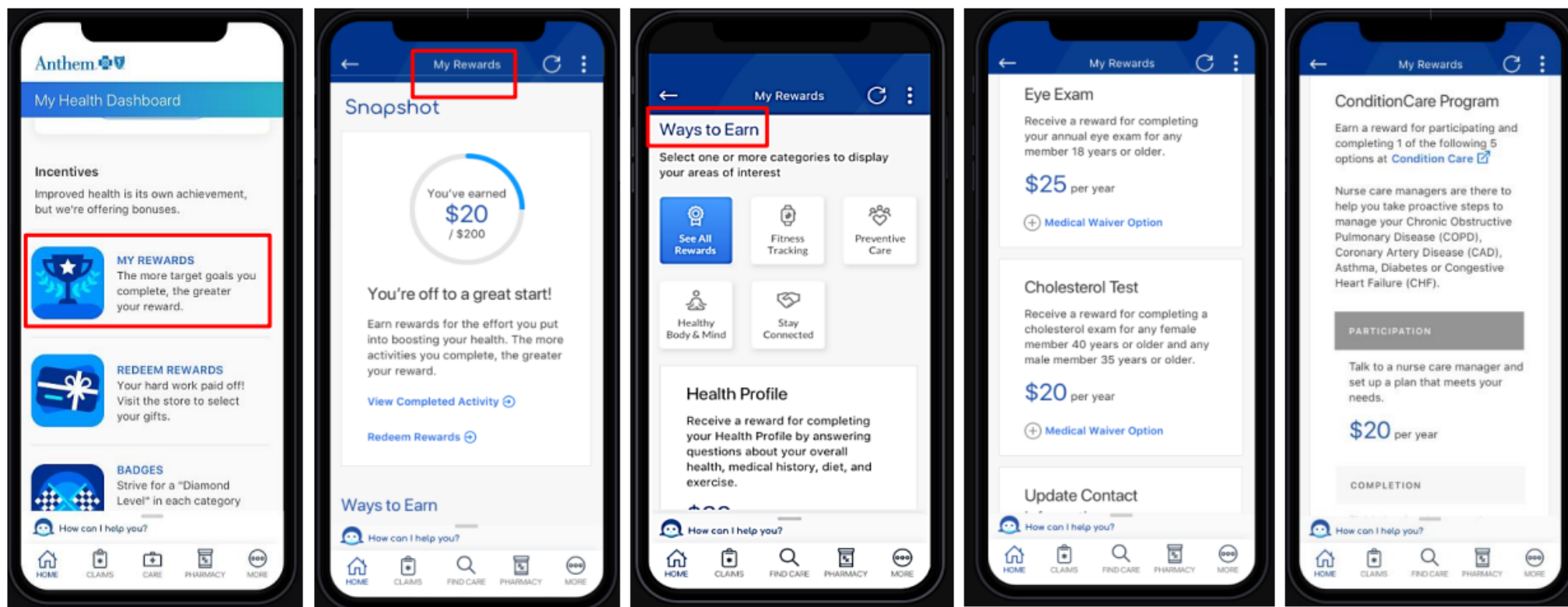


Anthem.com

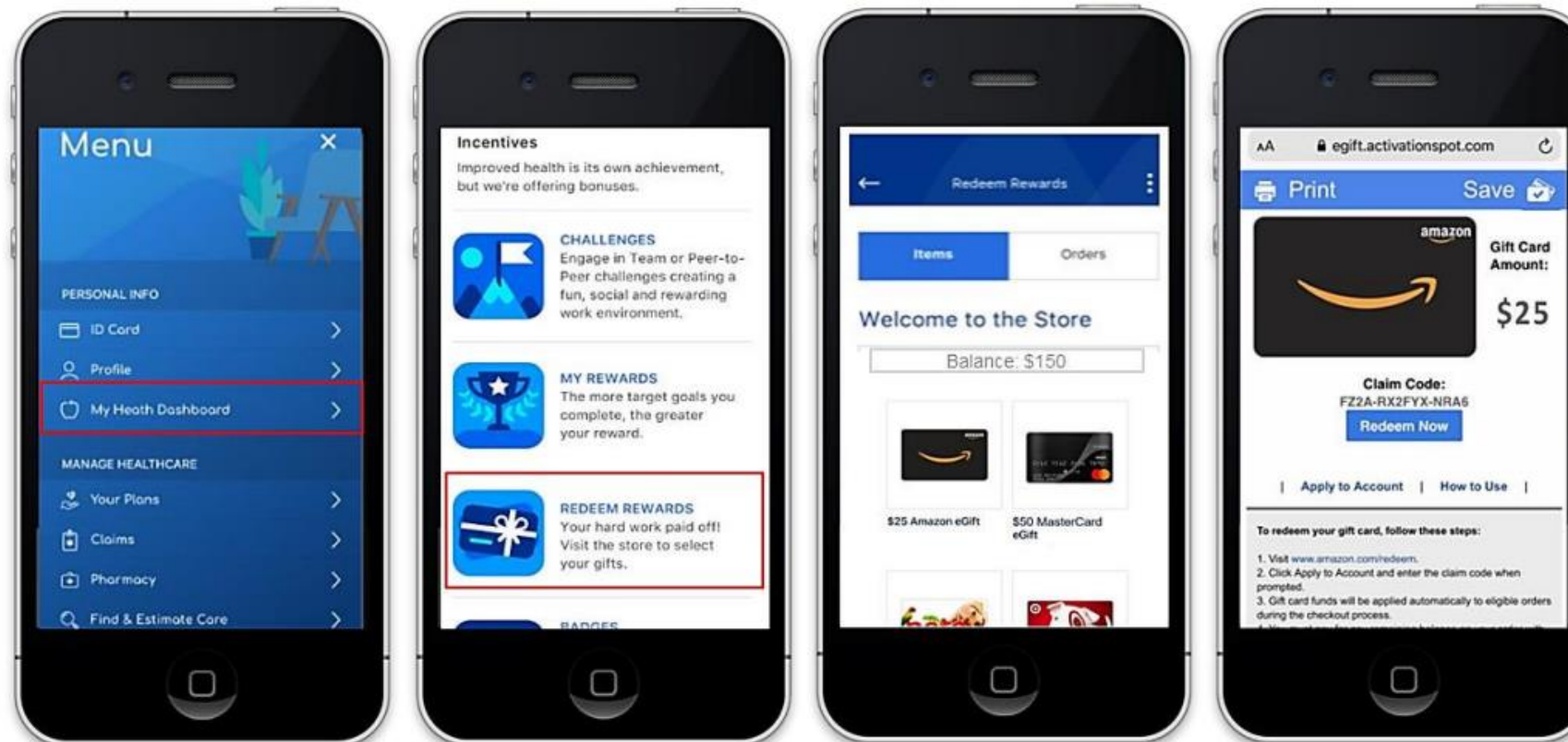


Accessing “My Rewards”- Live on 1/1/24

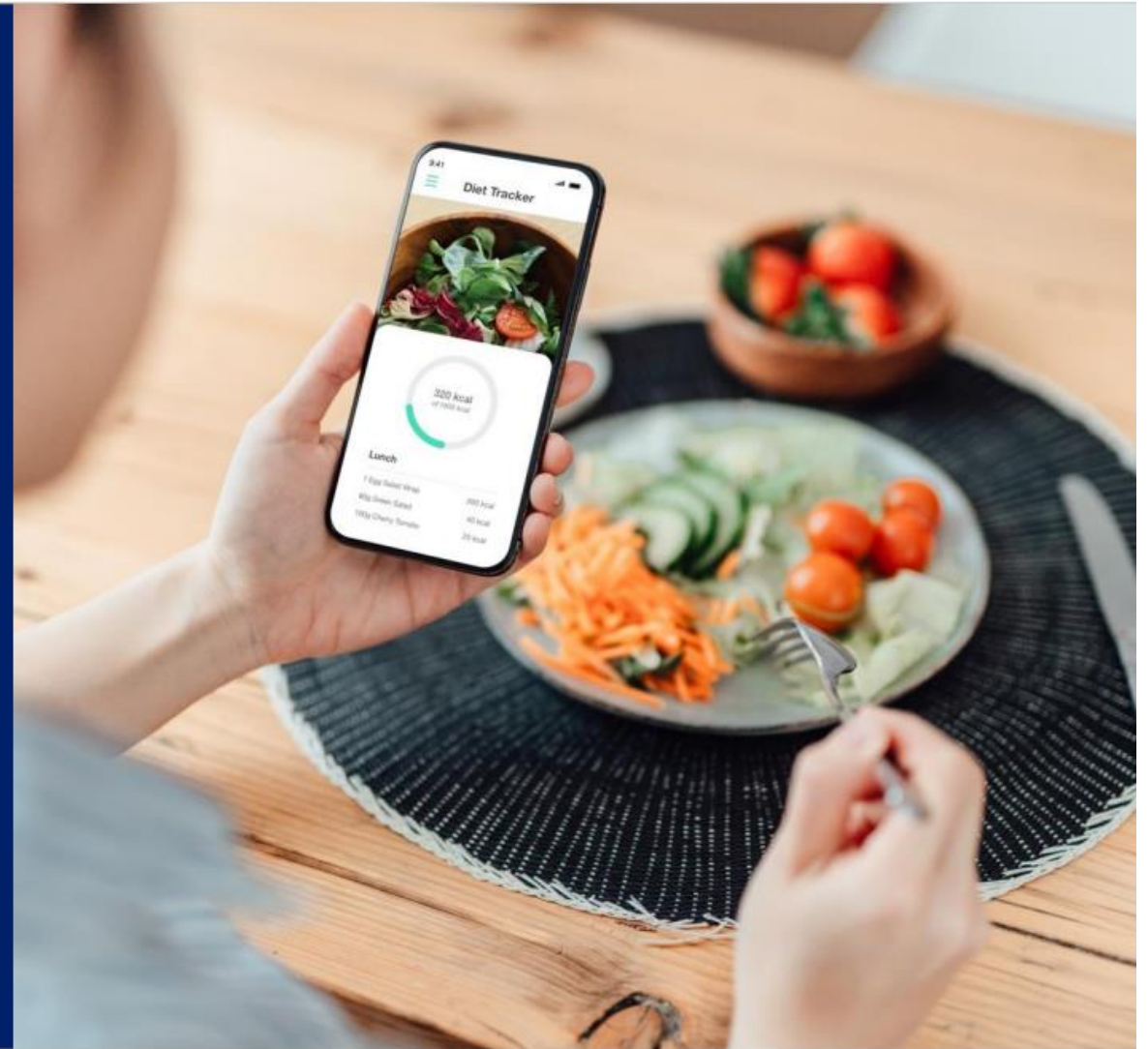
My Health Dashboard → My Rewards: Here you'll see a quick snapshot of your rewards balance. In addition, you can filter your rewards, or you can simply scroll through and see all of the rewards that are available to you.



- **Rewards can be redeemed through My Health Dashboard → Redeem Rewards, in the form of Digital Gift Cards**
- **You can choose from 8 different vendors:** Mastercard, Amazon, Apple, Gap Options (All brands), The Home Depot, Target, TJ Maxx and UBER.
- You can elect to redeem the entire balance with one digital card, or you can divide your balance on multiple cards.
- **Minimum balance required** to redeem rewards is \$5 for all vendors, besides Gap and T.J. Maxx, which is \$10.



**Access All your
Anthem Programs for
support
on the go with the
Sydney Health app
in the “Programs”
Section**



Sword Virtual Physical Care

\$30
for Completing
the program

Programs Section → Sword Virtual Physical Care



SWORD Virtual Physical Care



Start your journey to living pain free at home with SWORD, virtual physical care for back, joint and muscle pain which are proven to work better than in-person physical therapy. SWORD is available through LiveHealth Online at no cost to members on the Anthem Health Plan.

Anthem

LiveHealth Online
Sword

CEBCO
Health & Wellness

Relieve aches + pain from the comfort of your home

Tired of chronic pain or loss of mobility? Struggling with discomfort? Meet Sword, the new digital physical therapy program designed to help you overcome your joint, back, or muscle pain—all from home.

Combining licensed PT with easy-to-use technology, Sword is more than just convenient. It's proven to work better than in-person physical therapy, too!



Here's how it works



Pick Your PT

Thanks to your dedicated PT, your Sword program is entirely customized to you, your goals and your abilities.



Get Your Sword Kit

Your kit comes with your own tablet, and will provide you and your PT with real-time feedback.



Stay Connected

Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.



Feel the Relief

Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.

Pain doesn't wait. Why should you?
Enroll today to get started!

join.swordhealth.com/cebco/register





ConditionCare support

\$30
for Completing
the program

**24/7 access to a nurse
care manager if you have:**

- Asthma
- COPD
- Diabetes
- Heart Disease or
- Heart Failure

**The nurse care manager can
help you:**

- Manage your condition.
- Follow your doctor's care plan.
- Provide information to help you recover.
- You also have additional support from **dietitians, health educators, and pharmacists.**





\$30
for Completing
the program

Building Healthy Families



Access to
screenings and
resources during
pregnancy



A 24/7 phone line
with specially
trained nurses



Breastfeeding
support through
LiveHealth Online

You can earn \$30 when you complete the program.

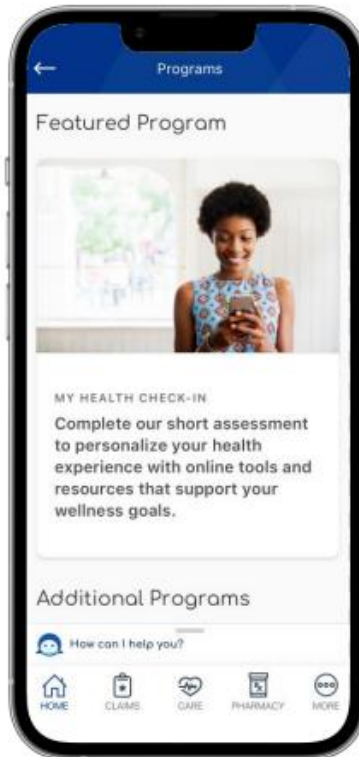


My Health Check-in Mobile Experience

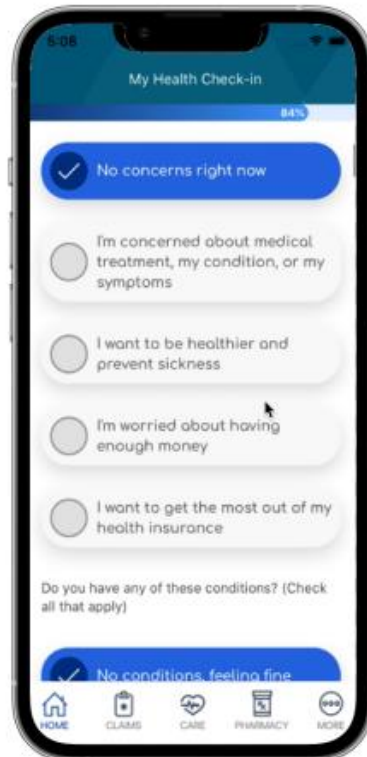
\$25
for Completing
the Assessment



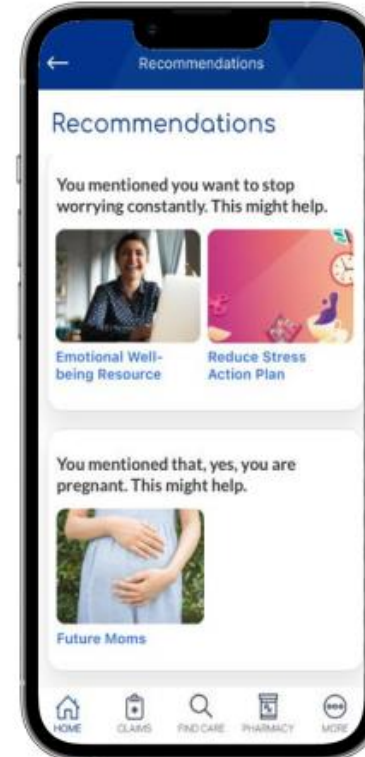
Focused



Brief



Actionable



My Health Check-in

What it is

A simple self-assessment reveals personalized wellness solutions to meet your health goals. By answering questions about medical history, emotional well-being and lifestyle, experts can bridge gaps in your holistic care and focus on the goals that matter most.

Benefits to you

Your answers help our nurses, pharmacists and medical providers determine how to meet your custom needs. Finishing the assessment opens the door to live support with health coaches, digital tools and free family resources.

Cost to you

Free for members and covered adult dependents.

Getting started

Take our 4-minute [Health Assessment link]

Accessed from My Health Dashboard, Programs, and My Rewards on desktop and mobile

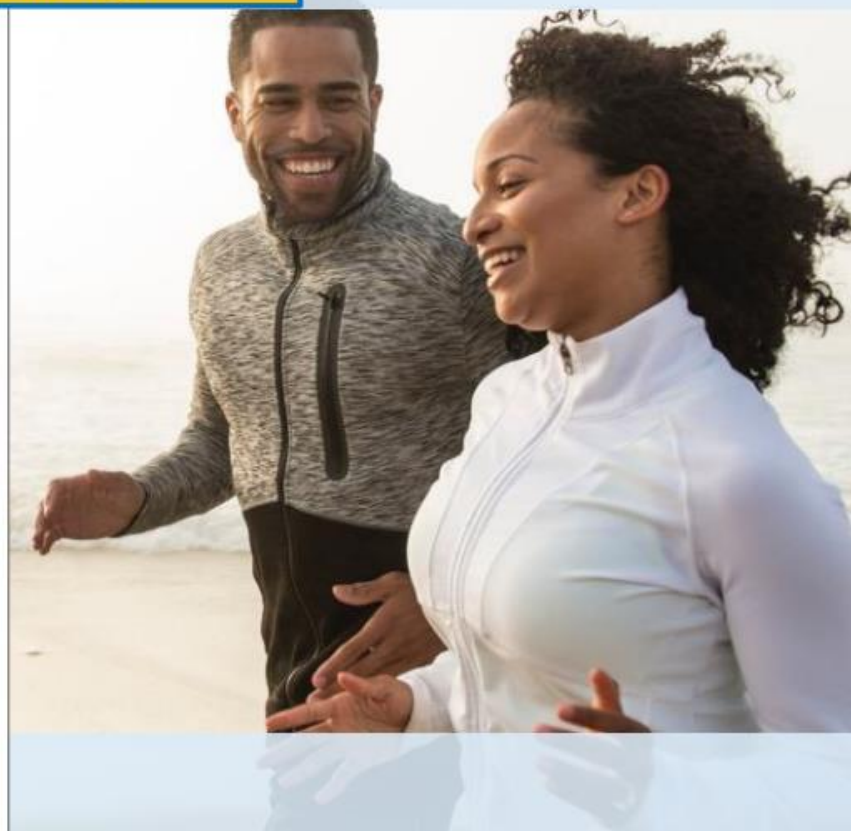
Motivating through Sydney challenges*

Get Engaged and Inspired through a Fun, Social, and Rewarding “challenge” through the Sydney HealthSM app.

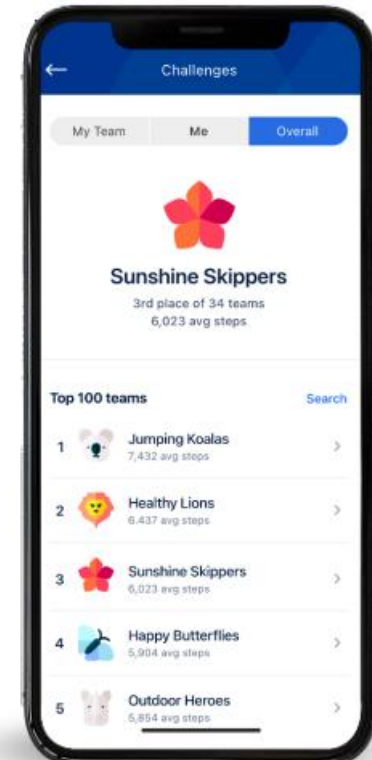
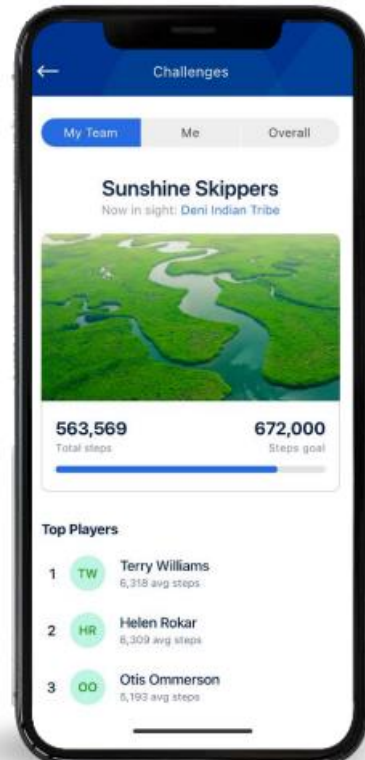
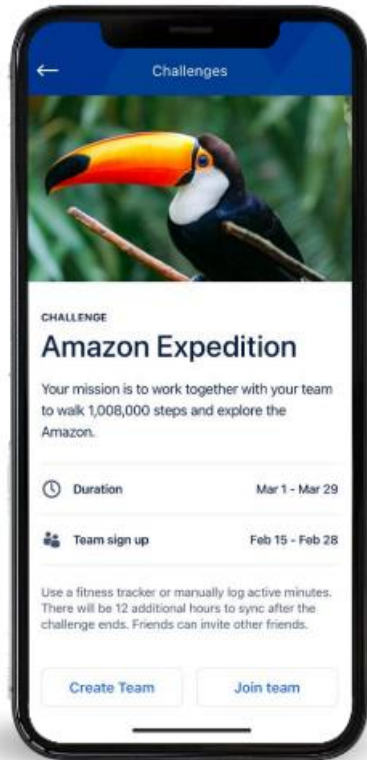
Earn up to \$50!

\$25 for Completing
Each Team
challenge

- Integrates with the most popular activity devices, making it easy for you to participate with:
 - Fitbit®, Garmin®, iHealth®, Misfit, and Apple® HealthKit®
 - The ability to manually enter activity
 - An inclusive conversion chart of various fitness activities
 - Physical, Emotional, Social and Financial Wellbeing
- Available to employees and covered spouses
- Participants can create their own teams and invite colleagues or covered family members to join whatever challenge is set and announced.
- Look for 2 Team challenges in 2024. Each normally run for 4 weeks.



Member experience screenshots



Screenshots are for illustrative purposes and could change.

Self-reported activity conversion to steps

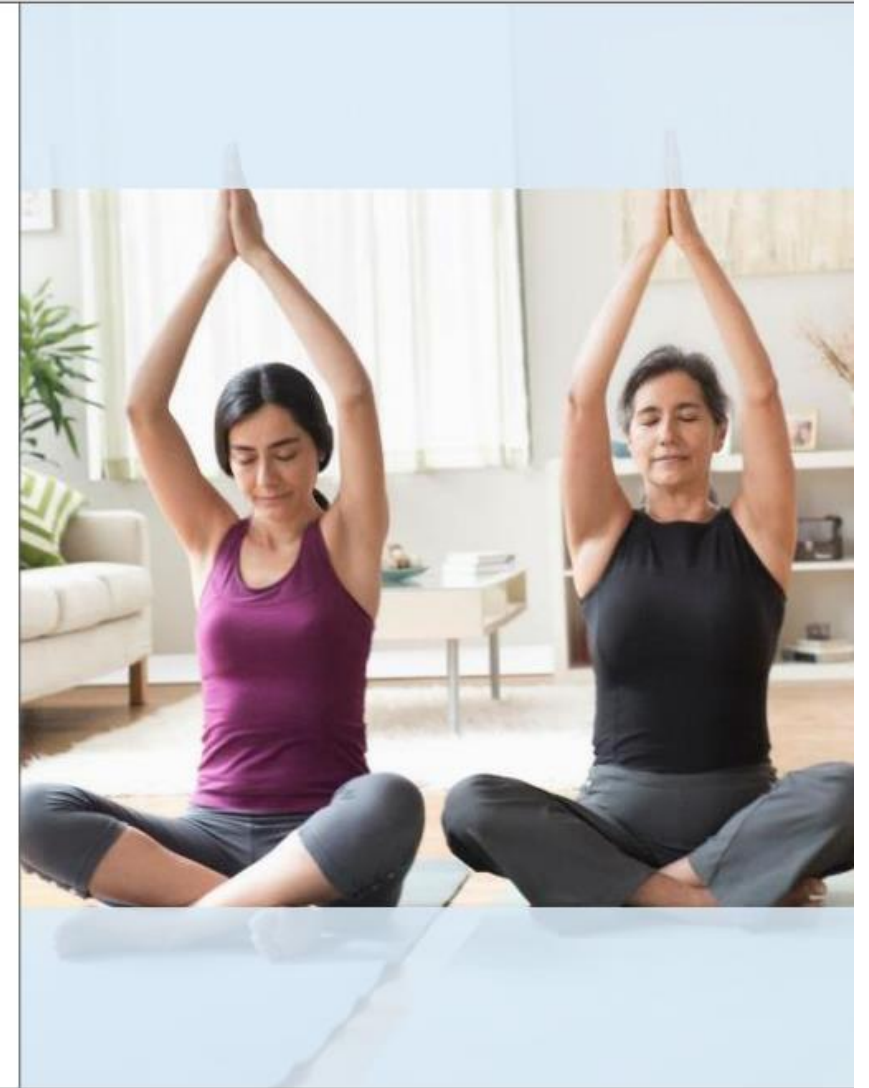
Based on 60 minutes of activity

Activity	Conversion to steps
Aerobic dance	7,680
Aerobics	11,760
Badminton	5,280
Basketball	9,420
Bicycling	11,760
Dancing	7,680
Elliptical trainer	10,620
Full-body workout	9,420
Gardening	4,680
Golf	5,280
High-impact training	9,420
Hiking	10,800

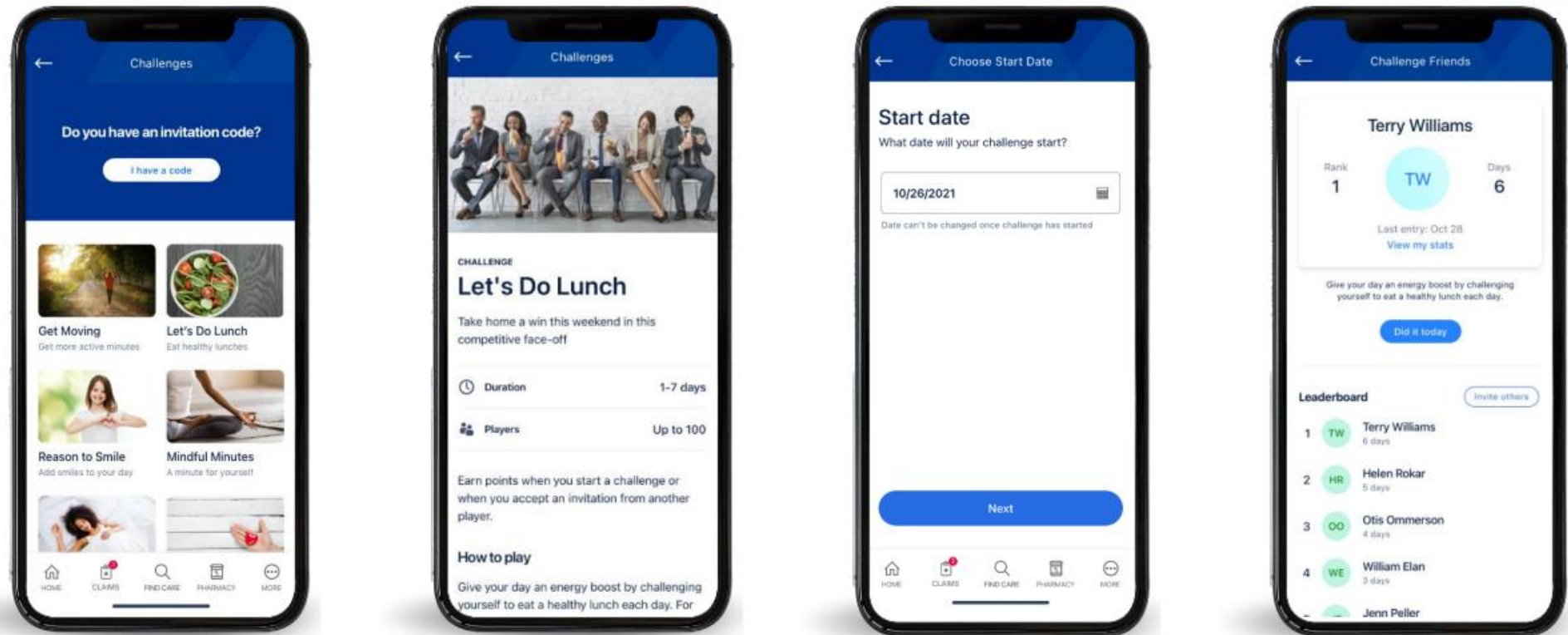
Activity	Conversion to steps
Kickboxing	11,760
Lawn mowing	6,480
Martial arts	11,760
Pilates	4,680
Running	15,900
Stationary bicycling	11,760
Swimming	11,760
Walking	4,680
Weight lifting	3,540
Wheelchair	3,540
Yard work	5,340
Yoga	2,940

Peer-to-Peer challenges

- You can select from a library of challenges across all dimensions of well-being:
 - **Physical** – movement and activity
 - **Social** – doing good for others
 - **Emotional** – taking care of your mental health
 - **Financial** – ways to spend and save wisely
 - **Career** – promoting a health workplace
- Non-incentivized challenges

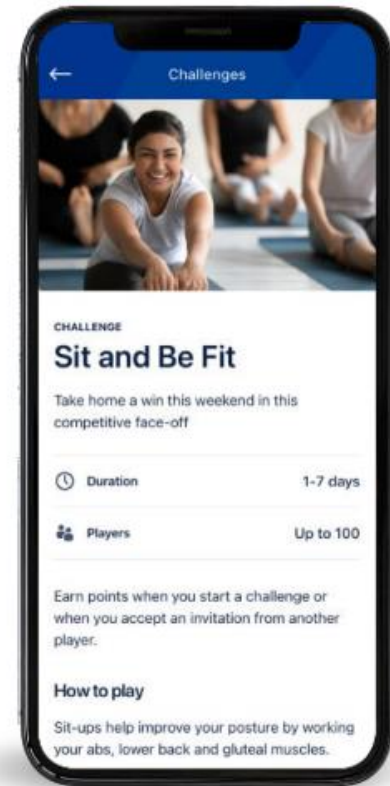
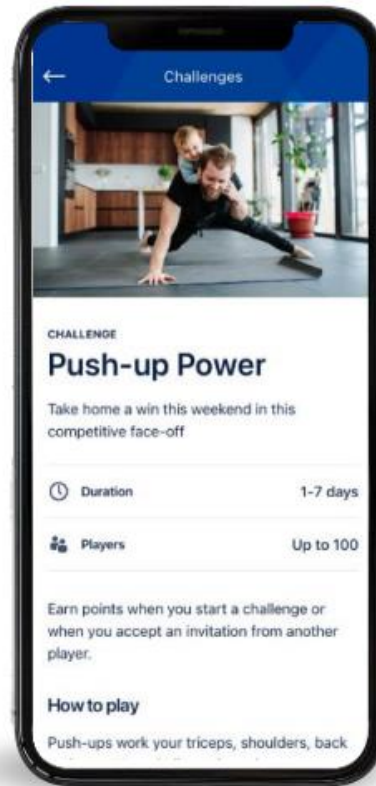
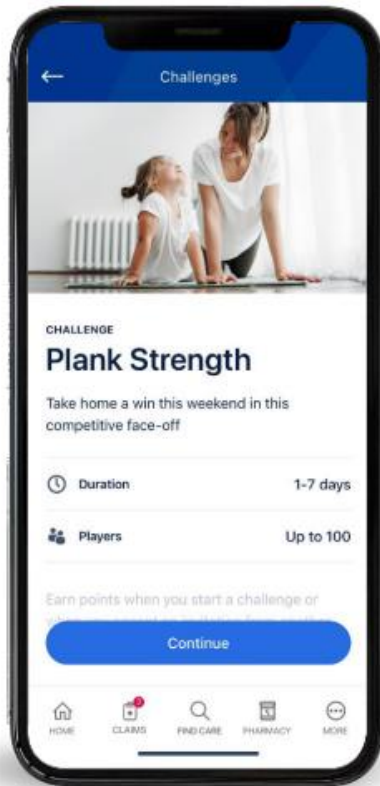


Member experience screenshots



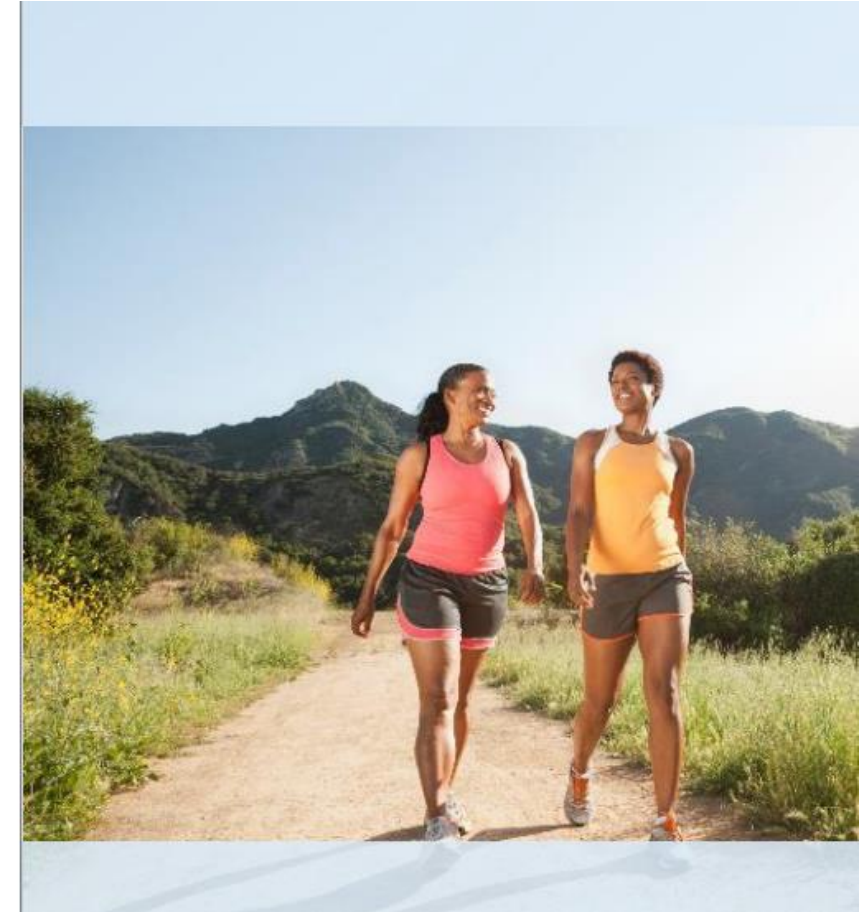
Screenshots are for illustrative purposes and could change.

Challenge overview page screenshots



Team challenge overview

- You select from a library of challenges across all dimensions of well-being:
 - **Physical** – movement and activity
 - **Social** – doing good for others
 - **Emotional** – taking care of your mental health
 - **Financial** – ways to spend and save wisely
- Our recommendation is for:
 - **Two team challenges per year** with one destination and one collaborative.
 - Starting on a Tuesday (except after a holiday).



Team challenge options

Physical (steps)

- **Walk to the Moon** — Which team can make it past comets, asteroids, and space debris to reach the moon first?
- **March the Mississippi** — Teams battle down Ol' Man River as they encounter American history and river culture.
- **New York to London** — Teams encounter larger-than-life landmarks as they race across the 'Big Pond' from NYC to London.
- **Amazon adventure** — Teams venture through miles of tropical forest encountering indigenous tribes, exotic animals, and awe-inspiring waterfalls before making it to Marijo Island.
- **Andes Mountain trek** — Which team can trek through the planet's largest mountain range, spanning seven countries, while navigating volcanos, glaciers, and lagunas the fastest?
- **Explore the Great Barrier Reef** — Grab your scuba gear as teams race through the world's largest single structure made of living organisms while battling sharks, abandoned ships, and wall dives.
- **Antarctic cool down** — Miles of ice and tundra await as teams embark on a challenge through a place of extremes on the coldest, windiest, driest, and most uninhabitable continent of Antarctica.
- **Majestic national parks** — Mother nature is calling! Teams race across America's most iconic national parks encountering some of the tallest mountain peaks and scenic vistas.
- **Surviving the Sahara** — Brace yourself for this epic challenge as teams try to survive the world's largest desert. Teams battle through ancient ruins, mummy tombs, and temples.
- **Great Wall of China** — Get set for an excursion of a lifetime as teams traverse the world's largest man-made structure. Which team can make it to the iconic 'Old Dragon's Head' first?
- **Stretch your limit** — Which team can build the most ergonomics into their workday? No matter the job, proper ergonomics keep individuals healthy and free from musculoskeletal disorders.
- **Fit in five** — Small workouts can be very effective; which team can log the most mini-workouts?

Team challenge options (cont.)

Self-reporting campaigns

Social

- **The daily give** — Which team can log the most acts of kindness? Whether large or small, they all count.
- **Helping hand** — Which team can log the most good deeds, volunteer hours, or time lending a helping hand?
- **Hunger heroes** — Which team can collect the most for food banks?

Emotional

- **Habit builder** — Which team can log the most healthy habits?
- **Power of the present** — Which team can log the most mindful minutes by focusing on the present?
- **Melt the stress** — Which team can practice the most minutes of deep breathing to encourage relaxation?

Financial

- **Push-ups for pennies** — Teams compete with push-ups for the honor of collecting the most money for a charity or cause.
- **Raise the funds** — Which team can raise the most money for a fundraiser?

Peer challenge options

Physical (steps)

- **Step it up** — who can log the most steps?
- **Get moving** — who can log the most active minutes?
- **The biggest snoozer** — who can stick to a consistent sleep schedule and log the most sleep hours?
- **Let's do lunch** — who can log the most number of healthy lunches?
- **Hydrate with 8** — who can log the most days consuming eight, 8 oz. glasses of water?
- **Plank strength** — who can log the most plank minutes building core strength?
- **Sit and be fit** — who can log the most sit-ups?
- **Push-up power** — who can log the most push-ups?
- **Posture perfect** — who can log the most minutes focusing on improved ergonomics?
- **Strive for five** — who can log eating the most servings of fruits and vegetables?

Emotional

- **Mindful minutes** — who can log the most minutes practicing mindfulness?
- **Hooked on books** — who can log the most reading time?
- **Reason to smile** — who can log the most the smiles by creating happiness around them?
- **Vocab rehab** — who can log using the most new words each day?
- **Push yourself** — who can try the most new things each day?

Peer challenge options (cont.)

Social

- **Show you care** — who can give the most number of sincere compliments to others?
- **Daily give** — who logs the most giving minutes or tasks?
- **Gift of gratitude** — who can log the most minutes focusing on being grateful?
- **Party of two** — who can log the most social meals with other people?
- **Digital detox** — who can log the most time disconnected from digital devices before bed?

Financial

- **Money hound** — who can track the most spending transactions?
- **A dollar a day** — who can save the most dollars each day?
- **Money must haves** — who can steer clear of making impulse purchases?
- **Cash is king** — who can only use cash throughout the challenge?
- **Free fun** — who can log the most free fun or activities?

Career

- **Get connected** — who can meet the most new people to help build your network?
- **Workday play** — who can log the most fun moments at work?
- **Good work vibes** — who can log turning the most negative situations into positive ones?
- **Neat & tidy** — who can log the most organizational tasks completed?
- **New people** — who can meet the most new people at work in general?

A healthy workforce is a productive workforce.




We're reimagining what's possible for every moment of health. By providing your employees a holistic well-being experience, they can become or stay healthier over the long term.

This translates into higher productivity for your company and overall cost-of-care savings for everyone.



Sydney Health is offered through an arrangement with CareMarket, Inc., a separate company offering mobile application services on behalf of Anthem Blue Cross and Blue Shield. ©2021-2022.

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Rewardable Activity		★ = Geauga County Incentive Requirement	Tracking Method	Annual Reward
Preventive Care 	★ Annual Wellness Exam		Claims	\$25
	Flu shot		Claims	\$10
	COVID 19 Vaccine (& boosters)		Claims	\$5
	Other Vaccines (HPV, Pneumococcal and shingles) \$5 x 3= up to \$15 max		Claims	\$15
	★ A1C Lab test (once annually)		Claims	\$10
	★ Cholesterol test		Claims	\$10
	Colorectal cancer screening (i.e. colonoscopy, Cologuard) (45 yrs and older)		Claims	\$25
	Routine Screening Mammogram (Women 40 to 74 yrs old)		Claims	\$25
	Prostate cancer screening		Claims	\$5
	Skin Cancer Screening		Claims	\$5
Condition Management 	SWORD Virtual Physical Care (Completion of Session #9)		Completion	\$30 for Completion
	ConditionCare (Completion)		Completion	\$30 for Completion
	Medication Adherence for Asthma, CAD, COPD, Diabetes, Hypertension		Claims	\$20/each
	Building Healthy Families (Completion of Post-Partum Assessment)		Completion	\$30 for Completion
Wellness / Digital Activities 	★ Login to website or app (1 st login per year)		Tracked	\$5
	★ Download ID card		Tracked	\$5
	★ Update contact information		Tracked	\$5
	Connecting a device		Tracked	\$5
	Education- Read 5 articles or watch 5 videos		Tracked	\$5
	★ Health Assessment		Tracked	\$25
	Action plans \$5 each/max. \$25,		Tracked	\$25
	Nutrition Tracker- tracking 800 calories/ day for 30 days per year		Tracked	\$60
	Sleep Tracking- \$10 for tracking sleep for 15 days / month -> Max \$30/ year		Tracked	\$30
	Tracking Steps \$2/50,000		Tracked	\$50
	2 Team challenges- (\$25/each)		Tracked	\$50
	Maximum Annual Reward through Digital Gift Cards			\$200