



Wellness Rewards Program

Get Rewarded for What Matters

2024 Wellness Activity List

Earn up to \$500 in gift cards for completing wellness activities. Full details on requirements for completing each activity are available in the [ActiveHealth Rewards Center](#).

Activity	Reward Summary	Dollars Available
PREVENTIVE CARE		
Annual Physical	See your Primary Care Physician (PCP) for a physical with lab work. Have your doctor complete the Annual Physical Results form. Submit the form in the ActiveHealth portal, or by fax.	\$200
Cancer Screenings*	Following recommended cancer screening guidelines is the best way to detect cancer early. Talk to your provider to see which cancer screenings are right for you. Eligible screenings include: Breast Cancer, Cervical Cancer, Colon Cancer, Lung Cancer, and Prostate Cancer.	\$50/screening
Eye Exam*	See your provider for an annual eye exam. It is recommended that all adults have an eye exam each year.	\$50
Dental Exam & Cleaning*	See your provider for a dental exam with cleaning. It is recommended that all adults have a dental exam with cleaning twice a year.	\$50
Vaccines*	Receiving recommended vaccines is the best way to prevent illness. Eligible vaccines: COVID-19; flu; hepatitis A and B; HPV; measles, mumps and rubella (MMR); meningitis; pneumonia; chickenpox; shingles; diphtheria, tetanus, and pertussis (whooping cough); and respiratory syncytial virus (RSV).	\$25/vaccine (max. of \$100)
ANTHEM		
Anthem's Building Healthy Families Program**	Work with an Anthem nurse case manager during your pregnancy and be rewarded for session with a completed assessment.	\$15/assessment (max. of \$45)
Anthem's Total Health Total You Resources**	Work with Anthem's Total Health Total You team of clinicians to help you navigate health plan resources, and manage your chronic or complex health conditions. Earn rewards for sessions with completed assessments.	\$10/session (max. of \$50)
Participate in a Diabetes Prevention Program (DPP)**	Join a DPP to learn how to prevent Type 2 Diabetes. You have three options to choose from: an app based program (Lark), a virtual coaching program (LiveHealth Online), or find a program in your community. Earn rewards as you hit program milestones.	\$25/milestone (max. of \$100)

To earn the reward, each activity must be visible in your [ActiveHealth Rewards Center](#) by December 31, 2024. Service or activity must be completed in 2024.

*These preventive care services will automatically show as complete in the ActiveHealth Rewards Center once the claim for the service is processed by Anthem. If the claim was processed by other insurance, or paid by other means, you will need to submit a Missing Preventive Service form.

**Anthem sends the date each program assessment, session, or milestone is completed to ActiveHealth. This automatically completes the reward in the ActiveHealth Reward Center. These files are sent monthly so it may take a few weeks to see your earned reward.

Activity	Reward Summary	Dollars Available
ACTIVEHEALTH		
Health Assessment	Complete a Health Assessment in the ActiveHealth portal. Get started at www.myactivehealth.com/stateofindiana .	\$25
Individual Coaching	Complete a 1:1 health coaching call with an ActiveHealth health coach or diabetes nurse coach. Call ActiveHealth at (855) 202-4219 to make an appointment, or check with your HR to see if on-site coaching is offered at your worksite.	\$20/session (max. of \$100)
Group Coaching	Complete a group coaching session through ActiveHealth. Sign-up for a group coaching series in the ActiveHealth portal.	\$5/session (max. \$25)
Commit to Quit Tobacco Coaching	Complete a six-session coaching program with ActiveHealth, designed to help you quit tobacco. Call ActiveHealth at (855) 202-4219 to enroll in this program.	\$100
Earn 3,000 Hearts	Earn hearts in the ActiveHealth portal by completing education modules, working on health goals, and participating in challenges. Reach Level 3 (3,000 hearts) to earn the reward.	\$10
Physical Activity Tracking	Sync your tracker to the ActiveHealth portal to track your physical activity. Earn a reward for every 30 days you reach 10,000 steps or 30 active minutes.	\$15/30 days (max. of \$180)
Team Challenges	Earn a reward when you join a team and participate in a statewide team challenges offered throughout the year.	\$10/challenge (max. \$40)
Wellness Learning Activities	Attend ActiveHealth learning opportunities like Learning Labs, lunch and learns, and on-site presentations at your work site. Verify your attendance in the ActiveHealth portal.	\$5/event (max. of \$10)
Wellness Webinars	View pre-recorded webinars from ActiveHealth, which can be found in the ActiveHealth portal.	\$5/webinar (max. \$25)
5K, Exercise Class, or Sports League	Compete a race (like a 5K or marathon), take an exercise class, or participate in a sports league and then verify your activity and completion date in the ActiveHealth portal.	\$10
Build a Healthy Habit	Set a daily goal for a new habit & track your progress. Hit your target for 15 days & verify your activity in the ActiveHealth portal.	\$10
Mental Health Check-Ins	Take a quick four-question assessment each month to check-in on your mental health and discover resources.	\$5/month (max. \$60)
Challenge Bonus	Watch for special challenges throughout the year. Win the challenge to earn the reward.	\$25/bonus (max. \$100)
BUILD YOUR KNOWLEDGE		
Maximize Your Program Webinar	Attend this 45 minute webinar that highlights the rewards and resources available to you as a state employee. See the upcoming sessions, and register to attend in the ActiveHealth portal.	\$10
ActiveHealth Portal Scavenger Hunt	Learn about all the tools available through ActiveHealth! Get started by reviewing this activity tile in the ActiveHealth portal.	\$5
Invest In Your Health Website Scavenger Hunt	Get to know the wellness resources available to you! Search through the Invest in Your Health website to answer questions and earn a reward. Get started by reviewing this activity tile in the ActiveHealth portal.	\$5
Optum EAP Website Scavenger Hunt	View the mental health resources available to you! Search through the Optum Employee Assistance Program (EAP) website to answer questions & earn a reward. View this activity tile in the ActiveHealth portal to get started.	\$5