

IT PAYS TO

BE WELL



MoDOT & MSHP employees, non-Medicare retirees and spouses enrolled in an Anthem medical plan can easily earn \$100 through the It Pays to Be Well incentive program.

No limits or “chances to win” in 2020. Complete three simple steps before November 30, 2020 and you’ll receive a \$100 gift card.

1

Get an annual exam.

An adult wellness visit, annual physical, cancer screening, mammogram, PSA screening or pap screening/routine GYN exam are all eligible exams. Remember, your plan covers preventive care at 100% so you won’t pay out-of-pocket. If you receive a flu shot, it must be submitted to your Anthem medical plan to count towards the incentive program.

2

Complete the online health assessment.

Simply login at [anthem.com](https://www.anthem.com), select **My Health Dashboard** from the navigation bar at the top of the page and then select **Programs**. Just click **WebMD Health Risk Assessment** to get started.

3

Compete in a Walker Tracker challenge.

You’re already taking steps each day, why not track them and earn money? There will be two individual and one team challenge in 2020:

Visit modotmshp.walkertracker.com and **Login** or select **Register** to get started.

Individual Steps Challenge | March 2 – April 12
Goal: Complete an average of 6,000 steps per day for 42 days

Individual Wellness Challenge | June 1 – July 12
Goal: Earn an average of 21 points a day for 42 days by tracking steps, nutrition and sleep

Team Steps Challenge | October 5 – November 15
Goal: Team average of 6,000 steps per day for 42 days

Complete three simple steps and earn your \$100.

If you have any questions contact Employee Benefits at 877-863-9406 or your Anthem Wellness Coordinator at 314-230-5430.

Want to Earn More?

The troop and district with the most employees who complete all three steps will receive an additional incentive—and bragging rights!*



*Additional incentive available to employees only.

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