



2021

IT PAYS TO BE WELL

NEW YEAR. **TWO NEW OPPORTUNITIES**
TO EARN REWARDS.



CHALLENGE 1 READY, SET, GO

MoDOT & MSHP employees, non-Medicare retirees, and spouses enrolled in an Anthem Blue Cross and Blue Shield medical plan can earn a \$100 gift card by completing three requirements before November 30, 2021.¹



\$100



RECEIVE AN ANNUAL EXAM

Visit your primary care doctor for an adult wellness visit, annual physical, cancer screening, mammogram, PSA screening or pap screening/routine GYN exam. Remember, your plan covers preventive care at 100% so you won't pay for the visit.

New for 2021: immunizations do not apply to this requirement.



COMPLETE THE ONLINE WEBMD HEALTH RISK ASSESSMENT

Powered by WebMD, the assessment can provide a picture of your overall health and well-being so you can take steps towards improvement. You can log into [anthem.com](https://www.anthem.com) or the **Sydney** app and select **My Health Dashboard** to complete the health assessment—it only takes 10 minutes.



COMPLETE A WALKER TRACKER CHALLENGE

Meet the goal of at least one Walker Tracker challenge to complete the requirement. There will be five challenges in 2021. To join, please log in or register at modotmshp.walkertracker.com. See the 2021 Walker Tracker flyer for complete challenge details.

Complete three requirements and earn your \$100 card. The troop and district with the most employees who complete the requirements will also receive an additional prize—and bragging rights.²

¹ SVM electronic gift card codes have a 1 year expiration from the date the code is received via email.

² Additional incentive available to employees only.

For more details please see the 2021 Wellness Program guide or for questions contact your Wellness Champion.

CHALLENGE 2 ABOVE AND BEYOND IN 2021



MoDOT & MSHP employees enrolled in an Anthem Blue Cross and Blue Shield medical plan are eligible to earn more. Employees must track their qualifying activities between January 1 – November 30, 2021.³

Complete **any** of the qualifying activities to earn an entry into a general raffle. One activity equals one entry. There are 150 chances to win exciting prizes, including Yeti tumblers, fitness equipment, backpacks, gym bags, water bottles, and more.

Complete **10 or more** qualifying activities and you'll be entered into the grand prize raffle. There are 50 chances to win exciting prizes, including a Cubi under desk elliptical, AirPods, AfterShokzs, FitBit, and more.

QUALIFYING ACTIVITIES INCLUDE:

- › Flu shot
- › Eye exam
- › Dental exam
- › LiveHealth Online medical, psychology, or psychiatry visit
- › Tobacco free certification **OR** completion of a tobacco free program if you are currently a tobacco user
- › MyStrength registration and completion of a minimum of one session
- › Participation in Anthem's Future Moms program
- › Participation in Anthem's ConditionCare program
- › Occupational or job specific exams
- › Naturally Slim program completion
- › Healthy Bytes nutrition counseling
- › Lark Diabetes preventive program participation
- › Completion of a second Walker Tracker challenge
- › Quarterly completion of an organized/individual running event, such as 5K, half-marathon, marathon, though mudder, etc.
- › Completion of an organized group sporting event, such as a softball league, volleyball league, etc.

HOW MANY ENTRIES CAN YOU EARN BY NOVEMBER 30?

You must track all of your activities and keep proof of completion throughout the year. You will complete a survey in November to submit your activities and earn your raffle entries.

For more details please see the 2021 Wellness Program guide or for questions contact your Wellness Champion.

³ Employees will not be eligible for Option 2 rewards unless Option 1 is completed in 2021. Spouses and retirees are not eligible for Option 2 in 2021 rewards. Only one prize per person.

