



## Incentives

If you participate in the Active Health Option, earn health incentive dollars simply by completing various healthy activities and using the resources available to you. The maximum amount of health incentive dollars you can earn in the year is \$1,550, depending on your age and gender. Your spouse/domestic partner can also earn up to \$1,500. Every enrolled employee and spouse/domestic partner can complete the following activities to earn incentives:

Activity	Action	Health incentive dollars (per person)
<b>Health awareness and education</b>		
<b>Online Compass Health Assessment</b>	Complete the online health assessment questionnaire	<b>\$150</b> <i>You can complete the health assessment/earn the incentive every year</i>
<b>Annual physical</b>	Get a routine physical in 2020	<b>\$150</b>
<b><a href="#">Teladoc</a></b>	Register with Teladoc	<b>\$50</b> <b>Note:</b> You and your spouse/domestic partner can earn an incentive if you each create an account for the first time. Teladoc is automatically available if you are enrolled in a New York Life medical option through Aetna. If you have already earned this incentive, you are no longer eligible to receive it.
<b><a href="#">PayFlex</a></b>	Register with PayFlex and complete your notification preferences (go to Account Settings, then Account Notifications)	<b>\$50</b> <b>Note:</b> You can earn an incentive simply by registering with PayFlex and completing your notification preferences for the first time. Only employees are eligible for the PayFlex incentive, since there is only one PayFlex account per family. Spouses/domestic partners are not eligible. If you have already earned this incentive, you are no longer eligible to receive it.

Activity	Action	Eligibility	Health incentive dollars
<b>Cancer screening and early detection—based on your age and gender</b>			
<b>Mammography</b>	Get a routine screening	All women of any age	\$250
<b>Colonoscopy</b>	Get a routine screening	All men and women of any age	\$250
<b>Well-woman exam</b> <i>You can earn incentives for both a well-woman exam and an annual visit to a primary care physician</i>	Get a routine GYN exam	Women age 21 and older	\$150
<b>Health management—for those managing a health condition or expecting a child</b>			
<b>In Touch Care Management</b>	Complete a call with a Care Advocate Nurse from Aetna	Participants in the care management program (identified through a call with a Care Advocate Nurse from Aetna)	\$200
	Complete a care plan		\$300



## Tip to maximize...

It pays to be healthy! Take healthy actions to earn money in your HRA. Use your HRA to pay for eligible expenses now or in the future. A healthier wallet + a healthier you!