

Incentives

In the Active Health Option, earn health incentive dollars simply by completing various healthy activities and using the resources available to you. Every enrolled employee and spouse/domestic partner can complete the following activities to earn incentives:

Activity	Action	Eligibility	Health incentive dollars (per person)
Health awareness and education			
Online Health Assessment	Complete the online health assessment questionnaire	Employees and spouse/domestic partner	\$150
Annual physical	Get a routine physical in 2024	Employees and spouse/domestic partner	\$150
Teladoc	Register with Teladoc	Employees and spouse/domestic partner	\$50 Note: If you have already earned this incentive, you are no longer eligible to receive it.
PayFlex®	Register with PayFlex® and complete your notification preferences (go to Account Settings, then Account Notifications)	Employee only	\$50 Note: If you have already earned this incentive, you are no longer eligible to receive it.
Cancer screening and early detection—based on your age and gender			
Mammography	Get a routine screening	Plan participants of any age who are assigned female at birth	\$250
Colonoscopy	Get a routine screening	Plan participants of any age	\$250
Well-woman exam <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	Plan participants age 21 and older who are assigned female at birth	\$150
Health management—for those managing a health condition			
Aetna One Incentive	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
Maximum dollars earned for self and for spouse/domestic partner			Up to \$1,550 per employee and \$1,500 per spouse/domestic partner depending on age and gender