

# Healthy Reward\$ Frequently Asked Questions



- Question:** What is Healthy Reward\$?  
**Answer:** Healthy Reward\$ is a wellness program provided through MCSIG/PACE where eligible employees have an opportunity to earn rewards for completing different health actions during a set time frame.
- Question:** Who is eligible for Healthy Reward\$?  
**Answer:** Only **employees and early retirees enrolled in the MCSIG/PACE Anthem medical plan** are eligible to participate and earn rewards.
- Question:** What is the time frame to complete health actions which qualify for points towards rewards?  
**Answer:** The rewards program starts **July 1 and ends on June 1** of the following year.
- Question:** Where do I go to begin completing health actions to earn reward points?  
**Answer:** Go to [www.mcsig.com](http://www.mcsig.com), click on "Discover MCSIG" then "Wellness Programs". Read the Healthy Reward\$ registration instructions and click on "Earn Points Now" to register and log in to the WellSteps website to start earning points.
- Question:** What health actions qualify for points? How many points do I need to accumulate to earn rewards?  
**Answer:** See table below.

\$500 = 12 Points   •   \$300 = 10 Points   •   \$200 = 9 Points   •   \$100 = 8 Points	
Health Action	Points
Online WellSteps health assessment <a href="http://www.mcsig.com">www.mcsig.com</a> .	1 required
Health Screening results from a VC Well Wellness Profile screening* (or your doctor)	1 required
Annual flu vaccination (mist or injection)	1
Blood Pressure (<130/80)**	1
Cholesterol Ratio (<4.5)**	1
Glucose (<100 fasting or <140 non-fasting)**	1
Healthy Weight (<29 BMI or attend an approved healthy weight program)	1
Tobacco-Free	1
Routine Physical Exam by M.D. or D.O. See WellSteps Link for form.	1
Health Trails Challenge (Log 300 miles)	1
Community Health Event (County Health Fairs, Heart Walk, Ventura Marathon, etc. )	1-3
10,000 Steps Program	1
WellSteps Online Quizzes (Complete 2 quizzes for 1 point)	1-2
Health education classes (VCWell Classes: <a href="http://www.ventura.org/vcwell">www.ventura.org/vcwell</a> )	1-2
Corporate Games Physical Activity Event	1
Personal Wellness Plan. See WellSteps Link for form.	1
Corporate Games Event Coordinator and/or Wellness Employee of the Quarter	1-2
"All Clear" registration <a href="https://anthem.allclearid.com">https://anthem.allclearid.com</a>	1
Castlight registration and 1 search per year. <a href="http://www.mcsig.com">www.mcsig.com</a>	1
Bi-Weekly Health Challenge (Complete 2 challenges for 1 point)	1-2
Personal Exercise Log. See WellSteps Link for form.	1
Anthem Blue Cross care for chronic conditions (asthma, diabetes, etc.) 800.621.2232	1
<b>TOTAL</b>	<b>28</b>

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- **Question:** Are any of the health actions required to qualify for rewards?  
**Answer:** Yes, the on-line health assessment and health screening are required steps. You must complete the on-line health assessment before moving on to the other activities.
- **Question:** Can I submit results from a recent doctor's visit as an option to earn the reward point?  
**Answer:** Yes, complete and submit the health screening verification form found on your WellSteps homepage (click "Rewards" then "Links"). Participants are allowed to use results from a doctor's visit within the last 6 months.
- **Question:** How do I submit my health screening verification form?  
**Answer:** You have 3 options:
  - 1) Take a picture of document with smart phone and upload to WellSteps.
  - 2) Mail to: MCSIG Wellness, 76 Stephanie Dr., Salinas, CA 93901
  - 3) Fax to 831-755-0172, then call to confirm receipt at 831-755-0161
- **Question:** How do I earn points for participating in a community health event?  
**Answer:** Check the "Community Health Event" box on your WellSteps homepage and attach a copy of your registration or a photo of you participating in the event.
- **Question:** After I complete my health actions and earn points, how are the rewards distributed?  
**Answer:** Reward checks are mailed out in June or as soon as you reach 12 points. It usually takes 1-3 weeks to verify all health actions and process the payment. Checks are mailed to your home.
- **Question:** Are spouses, domestic partners and dependents eligible to participate in Healthy Reward\$?  
**Answer:** Only employees and early retirees enrolled in the MCSIG/PACE Anthem medical plan are eligible to participate and earn rewards.
- **Question:** If I participate in Health Reward\$, will my personal health information be shared with my employer or insurance provider?  
**Answer:** Personal information obtained through the MCSIG/PACE Wellness Program will be collected, securely stored, and used by WellSteps, an independent third-party vendor, to provide wellness program services to participants. Your individual results will not be shared with MCSIG/PACE or any other entity, except when required by law. A summary of the group results, with no personal identifiers, will be provided to MCSIG/PACE for designing effective wellness initiatives for MCSIG/PACE members.
- **Question:** Are rewards received through Healthy Reward\$ taxable?  
**Answer:** Yes, rewards received for participating in wellness programs are taxable by the IRS.

