

Wellstar

POSITIVELY HEALTHY WELL-BEING

Incentive Program

2025 Guide

It's Easier Than Ever to Earn Rewards

Our wellness rewards program has one goal: helping you improve your overall well-being. By offering incentives for screenings and challenges throughout the year, we hope you'll be encouraged to prioritize your total well-being: mental, physical, even financial. This guide provides everything you need to know to start earning rewards today!



It's Easier Than Ever to Earn Rewards

Beginning in January 2025, it's easier than ever to earn rewards. Now there are more screenings eligible for rewards. And, to earn the maximum rewards, you don't need to complete all screenings or challenges – you have a choice. Not on a Wellstar Employee Medical Plan? No problem – simply go to the Sharecare app and download the preloaded form under the applicable screening. Your provider will need to sign and date it – it's super easy to request this through MyChart. If you do have Wellstar Employee Medical Plan insurance, no action is needed – you'll automatically receive the reward (this could take up to 60 days after visit date to show up in your Sharecare rewards account).

You can earn 3100 points, worth \$310 (2500 for screenings, 600 for challenges). Points can be used to purchase fitness equipment, personal care products, electronics and top-tier gift cards.

		POINTS/ REWARD	DATES
Annual Wellness/Preventative Visit		1000	1/1/25–12/31/25
RealAge Test		250	1/1/25–12/31/25
Spring Health Assessment		250	1/1/25–12/31/25
Complete 2 of these screenings to earn 1,000 points:			
Colonoscopy Screening, Mammogram Screening, Prostate Screening, Skin Cancer Screening, Tobacco Cessation Program, Annual Eye Exam, Annual Dental Cleaning		1000 <i>when you complete 2 of these screenings</i>	1/1/25–12/31/25
Complete 2 of 3 activities each quarter:			
WINTER	Follow a Health Topic	300 <i>when you complete 2 of these 3 activities</i>	1/1/25–3/31/25
	Improve Your RealAge		2/1/25–2/29/25
	Walk for Wellness Steps Challenge		3/1/25–3/31/25
SPRING	Movement Challenge	REWARD: 2-QT. SLOW COOKER <i>when you complete 2 of these 3 activities</i>	4/1/25–4/30/25
	How Meditation Can Help You Lose Weight		4/1/25–6/30/25
	Quit Sugary Drinks		5/1/25–5/31/25
SUMMER	Steps Challenge	300 <i>when you complete 2 of these 3 activities</i>	7/1/25–7/31/25
	Do You Really Know Where Your Money Is Going?		7/1/25–9/30/25
	Smart Savings Challenge		8/1/25–8/31/25
FALL	Movement Challenge	REWARD: ESSENTIAL OIL DIFFUSER <i>when you complete 2 of these 3 activities</i>	10/1/25–10/31/25
	Unwinding Mindfulness		10/1/25–12/31/25
	Hand Washing Challenge		11/1/25–11/30/25

10 Points = \$1

Maximum = \$310

Points earned in 2025 expire December 31, 2026.



Annual Wellness/Preventative Visit

This visit is crucial in maintaining your overall health and preventing future issues. It's an opportunity for you and your provider to assess your well-being, discuss concerns, and create a personalized plan for continued health.



RealAge Test

This health assessment helps you understand your real age compared to your chronological age and discover what you can do to turn back time. Powered by the latest medical research, your results create personalized tips and action plans to get healthier and live better longer. Take or retake it!



Spring Health Assessment

This assessment helps you prioritize your mental and emotional wellness, which supports your overall health.



Colonoscopy Screening

Though colorectal cancer is the second leading cause of cancer-related deaths in the U.S., half of colon cancer deaths could be prevented with early screening. Prevention is key!



Mammogram Screening

Mammograms can detect early stages of breast cancer, increasing the odds of successful treatment. Big or small, mammogram them all!



Prostate Screening

This screening can detect prostate cancer in men who don't have symptoms. Early detection can help find the disease when it's easier to treat. The screening involves a prostate-specific antigen (PSA) blood test and a digital rectal exam (DRE).



Skin Cancer Screening

Skin cancer is the most common cancer in the U.S. – early detection is critical. During your screening, a provider checks for moles, birthmarks, or other pigmented areas that look abnormal.



Tobacco Cessation Program

This program helps Wellstar Employee Medical Plan participants quit smoking, vaping, or using any nicotine or tobacco products. Only for team members who registered for this program during open enrollment.



Annual Eye Exam

An annual eye exam can help detect vision problems early and identify other health conditions.



Annual Dental Cleaning

A checkup of your mouth, teeth, and gums can identify and address oral health issues.



Follow a Health Topic

Follow a topic under the “discover” section.



Improve Your RealAge

Choose ONE mini program in the Improve your RealAge section and watch ALL videos within that program.



Walk for Wellness Steps Challenge

Track a total of 225,000 steps (average 7,500 steps a day).



Movement Challenge

Ignite your body, boost your energy, and build strength! Incorporate intentional movement every day, no matter your fitness level or schedule: A brisk walk, a yoga session, a full workout, dancing around your room—every move counts! Track a total of 450 minutes of activity (30 minutes for 15 days in the month).



How Meditation Can Help You Lose Weight

View all three videos in the “How Meditation Can Help You Lose Weight Mini Program” (Balanced and Healthy, Healthy Affirmations, Body Affirmations).



Quit Sugary Drinks

Cutting back on sugary drinks can positively impact your health. Key benefits include healthier skin, better hydration, better sleep quality, reduced inflammation, and improved weight management. Answer the daily question for 21 of 30 days.



Steps Challenge

Track a total of 225,000 steps (average 7,500 steps a day).



Do You Really Know Where Your Money is Going?

View this video to earn points.



Smart Savings Challenge

Bring more awareness to daily spending that can help you save money! Answer the daily question for 21 of 30 days.



Movement Challenge

Ignite your body, boost your energy, and build strength! Incorporate intentional movement every day, no matter your fitness level or schedule: A brisk walk, a yoga session, a full workout, dancing around your room—every move counts! Track a total of 450 minutes of activity (30 minutes for 15 days in the month).



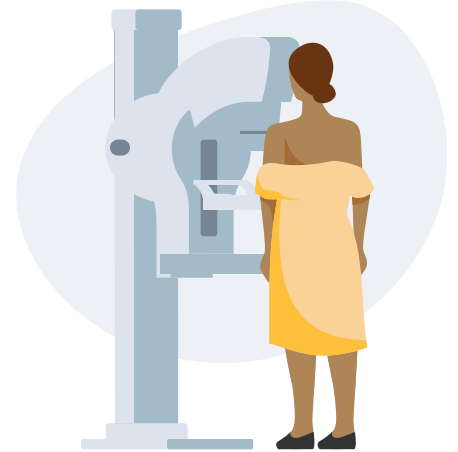
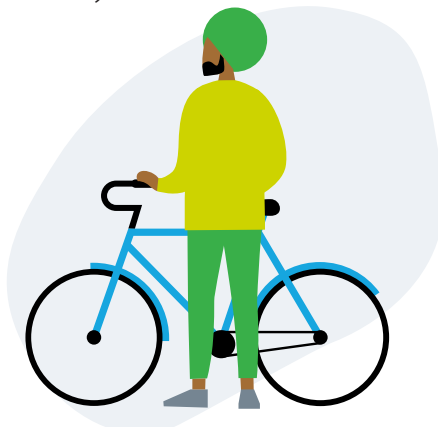
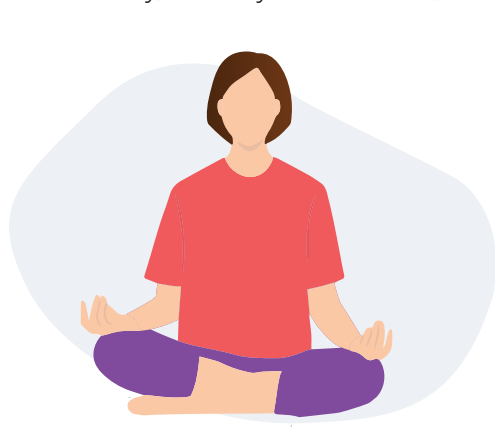
Unwinding Mindfulness Mini Course

Unwinding Mindfulness Mini Course. Use mindfulness to help you learn to control anxiety. It's normal to experience occasional anxiety, but you can take control of your triggers in just a few minutes a day. Complete one mini program to complete this activity, but don't stop there! There are many resources within this program to help manage stress and anxiety at any time.



Hand Washing Challenge

Practicing proper hand hygiene can keep you well this holiday season! Wash your hands for at least 20 seconds with soap and water. Answer the challenge question 21 days this month to complete this activity.



Wellstar POSITIVELY HEALTHY WELL-BEING Incentive Program

Team Member FAQs

Who can participate?

All team members including WMCGH

How do I access the challenges?

Go to **teamwellstar.sharecare.com** and select **Achieve** then **Rewards** then **2025 Positively Healthy Well-Being Incentive Program**.

What if I've already had my annual wellness/preventive visit and my screenings in 2025?

If you're on Wellstar Employee Medical Plan insurance, points will automatically be deposited in your rewards bank.

How do I get started?

To earn rewards, a Sharecare account is required. Register for your Sharecare account or log in to your existing account by scanning the QR code or visiting **Teamwellstar.sharecare.com**.

What if I'm not on the Wellstar Employee Medical Plan?



No problem. Scan this QR code for instructions on completing and submitting a provider form.

How do I know if I need the screenings?

Check with your primary care physician or provider for guidance on when you should start screenings, how frequently you should be screened, and your risk level. Also, be sure to check with your insurance company on coverage and co-pays for preventive screenings.



View Your Point Balance

After each screening or challenge, log into your Sharecare account, select **Achieve** then **Rewards**. Choose **Ended** to view point balance for 2024 earned points. Choose **Active** to view points balance for 2025 earned points. You can spend your points now or accumulate them for something special. Points earned in 2025 expire December 31, 2026. Remember, you can earn points worth up to \$310. 10 points = \$1, so 500 points = \$50 in your Sharecare Reward Bank.

Redeem Your Points for Rewards

- 1 Login to your Sharecare account and navigate to the "Achieve" tab
- 2 Select "Rewards" > "2025 Positively Healthy Well-Being Incentive Program" > "View Earned Rewards" > "Redeem"
- 3 You will be redirected to the "Sharecare Marketplace" where you can redeem your points for various prizes and gift cards.

Applicable taxes will be attached to the Employee's Payroll Record.

Have more questions?

Call (855) 478-7645 or email **employeeewellness@wellstar.org**