Wellness Incentive Program Points Breakdown

ADVANTAGE Health Solutions, Inc. SM brings you the Wellness Incentive Program online through ADVANTAGE-connect. Access your account at advantageplan.com

MAXIMUM 200 POINTS

COMPLETE HRA – 30 POINTS

PREVENTIVE HEALTH – 20 POINTS FOR EXAM
• Maximum of 20 points/year
• Visit your Primary Care Physician or Obstetrician/Gynecologist for annual cholesterol check, annual physical, colon cancer screening, mammogram, Osteoporosis screening, or prostate cancer screening.

BIOMETRIC SCREENING – 10 POINTS EARNED FOR PARTICIPATION

HEALTHY HABITS – 5 POINTS PER EVENT
• Maximum of 10 points/year.
• Healthy habits are preventive services not performed by your Primary Care Physician: eye exam, dental exam, flu vaccine or nutrition education seminar attendance.

SMOKING CESSATION – 20 POINTS EARNED FOR PARTICIPATION
• Any non-smoker or someone currently enrolled or participating in a certified Smoking Cessation program.
• Non smokers are awarded points by completing a Health Risk Assessment (smoking is one of the questions on the HRA). You are automatically awarded smoking cessation points upon completion of your online Health Risk Assessment (this may take up to five days).
• Those enrolled or participating in a Certified Smoking Cessation program must provide ADVANTAGE verification of attendance by fax or email.

WEIGHT MANAGEMENT – 20 POINTS EARNED FOR PARTICIPATION
• Wellness Incentive Program members that maintain a Body Mass Index less than 30 -or- are currently enrolled and participating in a certified Weight Management program.
• Those having a Body Mass Index less than 30 are awarded points by completing a Health Risk Assessment (BMI is one of the calculated results of the HRA).
• Those enrolled or participating in a Certified Weight Management program must provide ADVANTAGE verification of attendance by fax or email.
EXERCISE ACTIVITY – 2 POINTS PER MONTH
• Members must record at least 10 days of exercise per month to receive credit.
• Maximum of 25 points/year.
  o If you complete all 12 months you earn 1 extra point.
• Members will enter their daily activity on the Wellness Incentive Program page under the Exercise Activity online form.

ONLINE SEMINARS – 2 POINTS/SEMINAR
• Maximum 25 points
  o If you complete all 12 seminars you earn 1 extra point.
• A new seminar is available each month under My Personal Health Suite.
• Each seminar lasts approximately 12-15 minutes and must be completed in one sitting.

HEALTHY LIVING PROGRAMS – 10 POINTS/PROGRAM
• Maximum 40 points
• Healthy Living Programs are 6-week educational programs that are conducted online. Simply select the program that best meets your need and follow the instructions. Your credits will be awarded upon completion of your selected Healthy Living Program. You may only complete one Healthy Living Program at a time. A maximum of 4 programs will count towards your Wellness Credit. Each completed program is worth 10 Credits.
• Healthy Living Programs are accessed under My Personal Health Suite.
  o Healthy Diet Program
  o Healthy Heart Program
  o Cancer-Fighting Program
  o Diabetes-Fighting Program
  o Healthy Aging Program
  o Get in Shape Program
  o Stress Relief Program
  o Easy Start Program- The Easy Start Program gives you simple guidelines to help you change your diet and get more active - then shows you where where to go from there.
  o Weight Loss Program
  o Smoke-Free Program
  o Healthy Kids Program
  o Healthy Seniors Program
  o Custom Program- Tell us your goals and interests, and we’ll create an interactive program just for you.

Wellness Incentive Program Point Breakdown
• 150-200 – Level A Incentive
• 100-149 – Level B Incentive
• 50-99 – Level C Incentive
• Less than 50 – No Incentive

Contact Us
The Wellness Department
Email: wellness@advantageplan.com
Phone: 1.866.559.5350
Fax: 317.536.3474