



# GCPS WELLBEING INCENTIVE

## OPTIONS for FY 24-25

(deadline to complete either Medical or Non-Medical is 3/31/2024)

If you have a spouse on your plan and you want to earn the Employee/Spouse wellbeing incentive, your spouse must also complete either the Medical or Non-Medical Option

### **MEDICAL OPTION:**

1) Set up CareFirst– Wellbeing Account (if you have not already) and **Complete the Real Age Test** w/in your CareFirst Portal at [www.carefirst.com/wellbeing/](http://www.carefirst.com/wellbeing/) using your member ID # on your CareFirst card.

**AND**

2) **Complete the Biometric Screening:** Either during the on-site screening (by completing this step on-site, CareFirst will automatically upload your results within 4 weeks of completing it on-site) or with your own Dr (email Rebecca if you need this form along with instructions on where to enter your own results into your CareFirst– Wellbeing portal in order to receive credit.

(By completing both of these steps by 3/31/2024, you are meeting the medical option to receive the Wellbeing incentive for FY 24-25)

**OR**

### **NON- MEDICAL OPTION:** You'll need to **complete 7 of the 9 listed Challenges:**

(these can be located within your CareFirst Wellbeing portal where the tiles are located)

#### 2023-2024 Non-medical Incentive Option

Month	Challenge	Description
July	Keep your Cool	This month, take steps to feel calmer. Track your stress level for 21 days to monitor your mood and overall well-being.
August	Veg out	With healthy foods on your plate, you'll feel more energized, weigh less, and help prevent disease! Track in the green for all 7 days of this 7-day challenge.
September	7 Days of Savings	Did you set aside a small amount of money for your savings today? Track your savings for 5 of 7 days.
October	Relationship Rejuvenation	Having a healthy relationship means you can deal with difficulties while also honoring each other. Track in the relationship tracker for 21 of 30 days.
November	Give Thanks	Did you take time to reflect on at least one thing you are grateful for today? Track moments of reflection for 21 of 30 days.
December	Healthy Plate	This month, challenge yourself to eat two healthy meals per day. A healthy plate should be 1-2 fruits and veggies, lean proteins, and whole grains. Track for 21 of 30 days.
January	Step into a New Year	Kick off the new year by creating healthy habits. Aim to walk 5,000 steps per day for the month of January.
February	Jumpstart your Heart	Improve your cardiovascular health by exercising more, stress less, getting adequate sleep and eating a nutritious diet. Track for 21 of 30 days.
March	Live in the green	Kick off this month by making healthy choices. Track your progress and turn small habits into long-term healthy habits. Track green days for 5 of 7 days.

(By completing 7 of the 9 Challenge options by 3/31/2024, you are meeting the non-medical option to receive the incentive for FY 24-25):