



Earn rewards

Making healthy choices feels great, but earning rewards while you do it feels even better. Complete activities at your own pace throughout the year, **before November 30**, Plus, earn cash incentives as you go, instead of one lump sum at the end!

ALL REGULAR FULL-TIME AND PART-TIME BENEFITS-ELIGIBLE EMPLOYEES		SPOUSES
Enrolled in health plan	Not enrolled in health plan	Enrolled in health plan
1,500-point max	1,500-point max	750-point max
Earn \$50 for every 500 points (up to \$150). Premium reduction earned at 1,500 points.	Cash rewards only. Earn \$50 for every 500 points (up to \$150).	One-time \$75 gift card, once the participant reaches 750 points.

Your rewardable activities menu can be found on the [Wellmark Connect Rewards page](#).

Wellness favorites

Beyond the simplified rewards, this wellness program has something for everyone — it’s streamlined, flexible, and personalized. Here are a few features you can expect to see along the way:

Wellmark Connect powered by WebMD®

An all-in-one wellness hub to complete program activities is easily accessible with your [myWellmark®](#) login.

Wellness Assessment

Learn exactly where your health stands. Answer a quick 10-to-15-minute questionnaire to get a personalized health report with recommendations.

Engaging challenges

Work toward your goals one day at a time. These mobile-first experiences make it simple to map a plan and track your progress.

Extensive media library

Watch easy-to-follow exercise videos, listen to engaging mental health podcasts, and more.

Device and app connection center

Automatically track and upload your activity with a fitness device or app.

Comprehensive health history

View all your health information in one place and see how you have progressed over time.