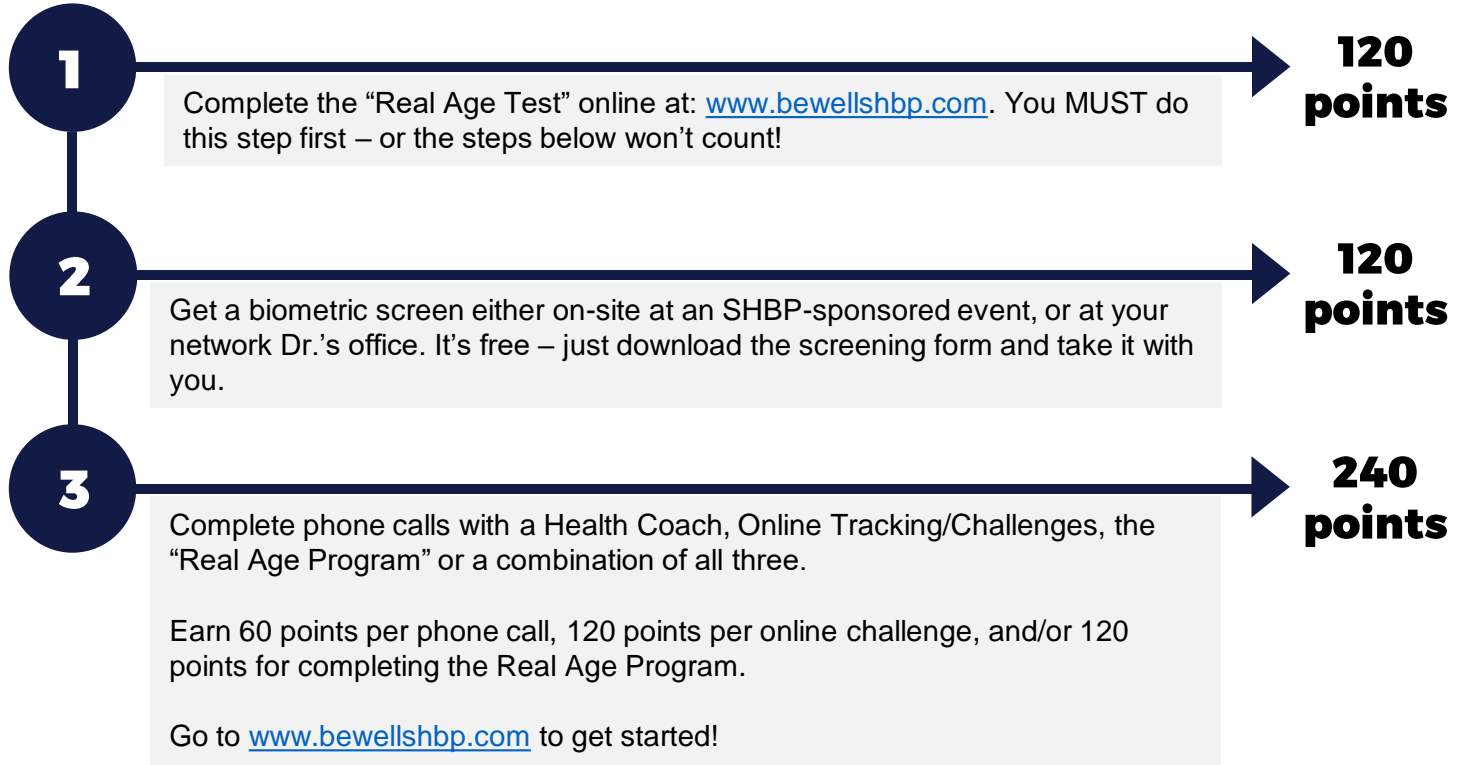


How to Earn Wellness Points in 2022



In 2022, State Health members can still earn money for each employee and covered spouse that participates in the Wellness Program – no matter which plan you choose. By following the program, you accumulate “points” that you can use in a couple different ways. Starting January 1, 2022, follow the steps below so you don’t leave this extra money on the table!*



What Can I use My Points For?

When you complete the activities above, go to www.bewellshbp.com, and select one of 2 options to redeem points:

- 1. Use points for health care costs.** 480 points = \$480 for yourself. If your spouse completes the activities too, that’s another \$480 – a total of \$960 for your family! You may redeem points in \$120 increments.
- 2. Redeem points for a gift card.** Swap 480 points for a \$150 Visa Gift Card. You must use all 480 points to choose this option – no incremental redeeming or combining with option 1.

Remember, if you earned wellness credits in 2021 but haven’t used them, they will roll over to whatever plan you choose for 2022 – but they *won’t* count towards a gift card! Rollover credits will show in your account around April 2022.

*To receive points, you must complete all activities between January 1, 2022 and November 30, 2022. About a month after you complete the activities, select how you want to use your points and start saving money!

Hey, Kaiser Members!

You get incentives too, but you earn them differently. Go to <http://my.kp.org/shbp> and sign up to complete wellness activities. You (and your spouse!) can earn up to \$500 on a Visa gift card.