

## Rewards Program Overview

The Be Well Rewards Program provides an opportunity to help offset the employee's share of their insurance premium by providing a wellness discount earned by completing wellness activities.

Be Well knows that you are interested in taking good care of yourself, and recognizes that effort will look a little different for each employee. The range of action items required to be eligible for the discount is left broad intentionally, to allow for the many ways that you work to take care of your health. This program was developed with a sense of fairness and rewards the efforts of all types of employees – those who are on the high end of wellness and those who are working on basic elements of wellness.

Be Well recognizes that employees make daily lifestyle choices to support health, and that you tap into many resources in addition to those available through Be Well. Employees who are interested in support, programming, or supplemental resources to improve wellness will continue to have options through Be Well for free or very low cost opportunities to support your efforts throughout the year.

**Be Well programming & discounts will continue to be available to all employees regardless of participation in this Rewards Program.  
You do not need to *join*  
Be Well Rewards to *use* Be Well!**



## Be Well Rewards Program

Promoting healthy lifestyles and supporting your efforts to Be Well!

The health insurance premium discount will be earned based on information provided by the employee to Be Well during the Rewards cycle (ending 06/30/25). Employees must register for **Be Well Rewards** by March 31<sup>st</sup>, 2025 to participate.

TIMEFRAME	ACTION ITEM	KEEP TRACK OF WHAT YOU COMPLETE AND SUBMIT
1 <sup>st</sup> Quarter (Jul-Sept)	Educational Activity <sup>1</sup>	
	Physical Activity <sup>2</sup>	
2 <sup>nd</sup> Quarter (Oct-Dec)	Educational Activity <sup>1</sup>	
	Physical Activity <sup>2</sup>	
3 <sup>rd</sup> Quarter (Jan-Mar)	Educational Activity <sup>1</sup>	
	Physical Activity <sup>2</sup>	
4 <sup>th</sup> Quarter (Apr-Jun)	Educational Activity <sup>1</sup>	
	Physical Activity <sup>2</sup>	
At least once throughout the year	Be Well Annual Survey (anonymous) <sup>1</sup>	
	Annual physical or biometrics health screenings <sup>3</sup>	
	Health Risk Assessment (HRA) to be completed through EHHD	

<sup>1</sup> Be Well collects and retains participation records for all Be Well activities (whether online or in person). Your attendance, participation, or completion of the activity satisfies documentation.

<sup>2</sup> Submit completed activity verification form.

<sup>3</sup> Submit medical verification form completed by your health care provider. Ob/Gyn annual exam counts.

## How to participate in the Rewards Program



The Be Well Rewards Program is available to all active employees of the Town of Tolland for the fiscal year 2024-2025, who are *enrolled in CIGNA* health insurance benefits.

**NO CHARGE TO PARTICIPATE!**



The premium discount earned through completed activities will be applied, once you return the completed agreement to the Town of Tolland Director of Administrative Services (Mike Wilkinson). Continued documentation of completed activities will ensure continuation of your discount premium.

### Sign up with Be Well between

**JULY 1, 2024 AND MARCH 31, 2025**

**to enroll in the Rewards Program.**

### Complete activities by June 30, 2025.

**All Be Well programs and activities will continue to be available to all employees regardless of registration in this Rewards Program.**

CONTACT BE WELL IF YOU HAVE ANY QUESTIONS ABOUT BE WELL OR THIS REWARDS PROGRAM:

Be Well - Eastern Highlands Health District  
4 South Eagleville Rd Mansfield, CT 06268  
be\_well@ehhd.org 860.429.3325

We're also on the web:  
[http://www.ehhd.org/be\\_well](http://www.ehhd.org/be_well)

## What is the Rewards Program?

- ❖ It is a program administered by Eastern Highlands Health District (EHHD), made possible through funding from your employer.
- ❖ It rewards employees for healthy lifestyles and provides a 2% discount on CIGNA insurance premiums (3% when adding a spouse)
- ❖ Offers a variety of action items to earn the premium discount in a fair and equitable manner.

## How do I earn my discount?

- ❖ Complete and sign the Agreement found on our website: <http://www.ehhd.org/tollandrewards> (to be returned to the Town of Tolland Director of Administrative Services (Mike Wilkinson).
- ❖ Complete the annual Be Well Survey.
- ❖ Complete the annual HRA.
- ❖ Be Well will offer additional ways to complete the physical activity and wellness education requirements, and will publicize these at your worksite and through email & newsletters.
- ❖ A simple medical verification form provided by Be Well is used to document your annual wellness visit or biometrics screenings.

## Who can join the Rewards Program?

The Rewards Program is available to all active employees of the Town of Tolland for the fiscal year 2024-2025 who are *enrolled in CIGNA* health insurance benefits.

**NOTE: Personal health information is kept confidential and retained by Be Well. It is never shared with employers, insurers, or anyone else.**



# Be Well REWARDS Program

**Paying for  
your efforts to**



**The Rewards Cycle follows  
the fiscal year!**

**Start on 07-01-2024 and  
complete activities by 06-  
30-2025 to earn your  
Reward.**

- All medical verification from the FISCAL year 2024-2025 is valid for this Rewards cycle
- All Be Well Rewards activities from the FISCAL year 2024-2025 are valid for this Rewards Cycle

