

INCENTIVE TABLE

State & higher education active members only

Eligible members and spouses can earn up to \$250 each or \$500 per household.

Activity Menu <i>(Incentive eligible employee and spouse may earn up to \$250 each)</i>	Incentive Amount	Eligibility Period for incentive credit
RealAge Test	Unlock your incentives (required)	Jan. 1 – Dec. 31, 2024
Complete a Biometric Screening	\$50	Jan. 1 – Nov. 30, 2024
Biometric Screening Blood Pressure <130/85 mmHG* - Blood Pressure - Systolic < 130 mmHG - Blood Pressure - Diastolic < 85 mmHG	Meet both target ranges to earn \$25	Jan. 1 – Nov. 30, 2024
Biometric Screening Lab Values* - Triglycerides < 150 mg/dl - HDL Cholesterol Women >= 50 mg/dl - HDL Cholesterol Men >= 40 mg/dl - Blood Glucose < 100 mg/dl - Body Mass Index < 30 kg/m2	3 of 4 in target range to earn \$125	Jan. 1 – Nov. 30, 2024
**Preventive Exams: Complete 1 - Annual Physical/Well Woman Exam	Complete one to earn \$25	Results accepted between Dec. 1, 2023 – Nov. 30, 2024
Preventive Exams** - Breast Cancer Screening for Females ages 40 - 75 - Colon Cancer Screenings for ages 45 - 75 - Cervical Cancer Screenings for Females ages 21 - 65 - Lung Cancer Screening ages 50 - 80 (with 20 pack-year history of smoking)	\$25 per screening	Results accepted between Dec. 1, 2023 – Nov. 30, 2024
Sharecare Programs*** (earn up to a \$250 maximum) - Eat Right Now Modules: Complete 11 weeks of modules - earn \$10 per week of completed modules up to \$110 - Eat Right Now Weight Loss: Lose 5% of your total body weight to earn \$140 - Lifestyle Coaching/Chronic Condition Management Coaching: Participate in one coaching session per month for up to 10 months, earn \$25 per coaching session up to the maximum of \$250 - Intensive Diabetes Management Program: Complete the enrollment activity for the Onduo program to earn \$25 - Intensive Diabetes Management Program: Log activity in one Onduo tracker at least one time per month for 9 months - Earn \$25 per month up to \$225	Earn up to \$250 based on program participation	Jan. 1 – Dec. 31, 2024
Quarterly Wellness Challenges - March 1 - March 31: Healthy Plate Diet/Nutrition Challenge - May 1 - May 31: Level Up Steps Challenge - July 1 - July 31: Jump Start Your Heart Green Days Challenge - Oct 1 - Oct 31: Live Mindfully Stress Challenge	\$10 per wellness challenge (up to \$40)	March 1 – Oct. 31, 2024
Case Management****: BlueCross/CIGNA	\$150	Jan. 1 – Dec. 31, 2024
Take Charge at Work****: Optum Health	\$150	Jan. 1 – Dec. 31, 2024

INCENTIVE TABLE

State & higher education active members only

Active state and higher education employees and spouses, who are enrolled in medical insurance with Partners for Health, are eligible to earn up to \$250 each (\$500 per household) by completing these activities. The funds will be provided to your employer, who will deposit them into the head of contract’s paycheck (usually the end-of-month check). State employees who choose to have these funds deposited into their health savings account can track payment through the [Optum Financial website](#).

Note: The incentive is taxable and subject to withholding, garnishment and reporting, which will impact the actual amount in your paycheck.

Questions? Contact Sharecare at 888.741.3390, Monday – Friday 8 a.m. to 8 p.m. CT or visit sharecare.com/tnwellness for more information.

*To meet the biometric screening lab values, you must meet the target range(s) outlined in the table. You may have metabolic syndrome if you have three or more of the risk factors in the higher risk range. The criteria for metabolic syndrome is set by the National Heart, Lung and Blood Institute. If you have any of the factors that are at higher risk for metabolic syndrome, be sure to follow up with your doctor.

The lowest risk or healthy range for these five tests may be different. For example, healthy or normal blood pressure is less than 120/80. Other laboratories or other lab tests may have different “reference” ranges.

Value	Target Range = lower risk for metabolic syndrome	Higher risk for metabolic syndrome
Triglycerides	< 150 mg/dL	≥150 mg/dL
HDL (good) cholesterol	Women ≥ 50 mg/dL Men ≥ 40 mg/dL	Women < 50 mg/dL Men < 40 mg/dL
Blood glucose	< 100 mg/dL	> 100 mg/dL
Blood pressure	< 130/85 mmHg	≥ 130/85 mmHg
Body Mass Index (BMI)	< 30 kg/m ² or waist circumference: Women < 35 inches Men < 40 inches	≥ 30 kg/m ² or waist circumference: Women ≥ 35 inches Men ≥ 40 inches

INCENTIVE TABLE

State & higher education active members only

**Preventive Exams: Annual Physical or Well Woman Exam

Breast Cancer Screening:

- Covers Females ages 40-75
- Mammogram, Breast MRI

Colon Cancer Screening:

- Covers ages 45-75
- Includes: Colonoscopy, Sigmoidoscopy, Fecal Occult Test - Blood

Cervical Cancer Screening:

- Females 21-65
- Includes Cervical Cancer screening/HPV Testing

Note: Does not cover a general OB/GYN visit

Lung Cancer Screening:

- Adults aged 50-80 with a 20 pack-year history of smoking (currently smoke or have quit within the past 15 years)
- Includes low-dose computed tomography scan

***To access some programs, you must meet eligibility criteria to ensure the program is clinically appropriate for you.

****Case Management - Case management is a program that promotes quality and cost-effective coordination of care for members with complicated medical needs, chronic illnesses and/or catastrophic illnesses or injuries. Members who need case management are identified and contacted by phone or in writing regarding alternative treatment plans. Members or providers may also contact member services if they believe they would benefit from case management.

- BlueCross member service: 800.558.6213
- Cigna member service: 800.997.1617

****Take Charge at Work – is a program that helps members with stress and depression improve their performance at work. This program is available as part of your Emotional Wellbeing Solutions through Optum Health. To learn more or find out if you qualify by taking the assessment, go to [Here4TN.com](https://www.here4tn.com).