



2021 Activities & Rewards

NEW: Financial Wellness - \$10 Each / Annual Maximum \$120

Attend live webinars that will be offered throughout 2021 through Prudential Pathways Financial Well-Being Series. On occasion, the ConvaTec Benefits Team will offer financial wellness webinars through Fidelity which will also be eligible for these rewards.

ENHANCED: Annual Preventive Care Visits - \$25 Each / Annual Maximum \$100

Preventive Care Visits include: Annual wellness exam with doctor, Annual dental cleaning, Annual eye exam, Annual age appropriate care such as mammogram, colonoscopy, prostate screening, etc. Cannot submit for more than 4 in one year.

NEW: Home Exercise Equipment and Races - Annual Maximum \$200

Purchase home exercise equipment in 2021 or join a group activity such as softball or enter a race such as a 5K and receive up to \$200 reimbursement annually.

Weight Management Programs - \$50 Annual Maximum

Reimbursable programs include, but are not limited to: Weight Watchers, Noom, Jenny Craig, Nutrisystem, etc. Programs not covered under your medical plan.

NEW: Preventive Care Vaccines - \$15 Each

Get vaccinated and receive the following:

\$15 Flu Vaccine

\$15 Covid-19 Vaccine

\$15 Pneumonia Vaccine

\$15 Shingles Vaccine

Behavioral Health - \$25 Each / \$100 Annual Maximum

Attend EAP webinars offered in 2021 by ConvaTec.

NEW: Apply for Omada (Cigna Members Only) - Quarterly Cigna Raffles

After January 1, go to the Omada Health website and take the one-minute risk screener.

Physical Activity - \$25 per Month

Exercise including weights, treadmill, Peloton, skiing, running, etc. . You must submit proof that you have met the minimum requirement of 8 visits or workouts, which can be a combination of any of the above each month.

NEW: Sleep Management - \$25 per Month

Track your sleep using a sleep tracking device such as FitBit or Apple Watch. Average 7 hours of sleep each month to receive the reward.

Monthly Step Goals

January - March, 3,000 steps/day - \$10 per Month

April - June, 5,000 steps/day - \$15 per Month

July - September, 7,500 steps/day - \$25 per Month

October - December, 10,000 steps/day - \$50 per Month