

# 2021 Personal Wellness Journey Rewards Chart

Earn up to \$75 per quarter! See the chart below for ways to earn.

	Activity	Dollar Value**	Max Frequency
ENGAGE!	Download the AlwaysOn® Mobile App	\$5	1x/Year
	Earn Healthy Habits Rewards	\$25	1x/Quarter
	Contact your Health Coach	\$10	1x/Quarter
TRACK!	Connect your Blood Pressure Monitor, Fitness Device, Smart Scale or Mobile App	\$5	1x/Year
	Track 8,000 Steps OR 45 Minutes of Activity Using a Fitness Device or Mobile App	\$1	3x/Week
	Device Stretch Goal (Hit 50,000 Steps or 300 Minutes in One Week)	\$2	1x/Week
	Track with your Nutrition App	\$1	2x/Week
	Self-Track your Progress	\$1	2x/Week
	Track with your connected Smart Scale	\$1	2x/Week
	Track with your connected Blood Pressure Monitor	\$1	2x/Week
CONNECT!	Connect with a Colleague	\$5	1x/Year
	Join any Personal, Group or Team Challenge	\$5	1x/Quarter
	Complete a Group or Team Challenge	\$15	2x/Year
	Complete a Personal Challenge	\$20	1x/Quarter
LEARN!	Read an Article, Listen to a Podcast or Watch a Video on the Onlife Site	\$5	1x/Month
	Complete a Self-Guided Program	\$20	1x/Quarter
	Participate in a Webinar, HealthTrust Wellness Program or LifeResources Training	\$10	2x/Quarter
PREVENT!	Participate in a Condition Care Program	\$25	2x/Year
	Have an Annual Physical*†	\$15	1x/Year
	Have a Preventive Dental Visit	\$15	2x/Year
	Have a Preventive Screening*†	\$15	1x/Year

\*Enrollees with Medicare Three coverage are not eligible to receive rewards for an annual physical or preventive screenings.

†Preventive Screenings include: Prostate Cancer Screening (Men), Mammograms, Pap Test, Bone Density Testing (Women), Colonoscopy (Both).

\*\*You must earn a minimum of \$40 in the quarter to receive a reward for that quarter. The maximum reward available in any quarter is \$75. The amount of any cash and the value of any other wellness incentive rewards received from HealthTrust are taxable to the recipient for federal income tax purposes.