



Incentive Summary

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From **January 1, 2017 through December 31, 2017**, a portion of the State Employee Health Plan (SEHP) have the opportunity to e various well-being activities offered through HealthQuest.

On the Incentive Summary page, you can review the points you have earned on the current incentive campaign. Each activity is listed on this page as well as its associated point value. A zero indicates that you have not yet completed that activity. At the top of the page you can see a description of the wellness program, as specified by your program administrator. You can see the overall maximum points allowed in the campaign, as well your total points earned.

Incentive Summary

Campaign:

Fitness Tracking	Earned points
10 points daily for weight logged	20
10 points daily for food logged	10
10 points daily for every 8 serving(s) of fruit(s)/vegetable(s) logged	0
10 points daily for every 32 ounce(s) of water logged	0
10 points daily for exercises logged	0
10 points daily for strength training exercises logged	10
10 points daily for steps logged	20
Proactive Preventive Activity	Earned points
100 points for completing the Personal Health Assessment	100
50 points for screening data received	0
Maximum Possible Points	
500	
Total Points Earned	
160	

Incentive Navigation

Each incentive row is a hyperlink. The hyperlink will bring you to the wellness portal page that will allow you to earn the points for that particular incentive. Some Incentives are not earned immediately, and will need to be approved by your program administrator before they are distributed.

Past Incentive Campaigns

To review past Incentive Campaigns, use the drop down box at the top right corner of the page.

If your wellness program allows you to redeem your points for prizes, you will also see your Total Available Points, which is equal to your Total Earned Points minus the total number of points that you have redeemed.