



It's time to be rewarded for taking care of you!



Public Employee Benefits Cooperative Incentive Program

Complete tasks between January 1, 2025, and October 31, 2025, to earn rewards.

- Active employees and their spouses enrolled in either the PPO or the HDP plan are eligible to participate in the wellness program and earn an incentive.
- Participants must first complete the Health Assessment through Well OnTarget® in order to earn points.
- Enrolled employees can earn at least a \$300 reward (\$500 for NTTA) for achieving 300 points. Reward amount may vary by employer. Employee must be enrolled in the plan at the time of the reward payout.
- Enrolled spouses can earn at least a \$300 reward (\$500 for NTTA) for achieving 300 points, as long as the employee earned 300 points. Spouse must be enrolled in the plan at the time of the reward payout.
- Rewards are paid three times during the year based on when an employee completes 300 points individually or 600 points when participating with a spouse.
- Points are not rewarded for partially completed programs and points do not roll over to the new plan year.

Earning Points

It's time to be rewarded for taking care of you! Complete tasks between January 1, 2025, and October 31, 2025 to earn rewards.

Category	Incentivized Activities	Maximum Completions per Year	Reward
Health Assessment	Health Assessment completion – must complete to earn any incentive reward	1	75
Foundational	Biometric screening – Through Catapult, at-home kit or your PCP	1	100
	Women's and family health enrollment – provided through Ovia™	1	50
	Women's and family health postpartum assessment – provided through Ovia	1	50
	Virtual Visits registration - provided through MDLIVE®	1	50
	24/7 Nurseline engagement – Call number on ID card	1	50
	Preventive screenings including: • Cervical cancer • Mammogram • Colon cancer • Bone density testing	2	50
	Annual physical	1	50
Coaching	Engagement with our clinician post-outreach (up to one interaction)	1	100
	Wellness coaching (up to 4 coaching sessions) • Manage stress • Improve fitness level • Improve dietary habits • Quit tobacco • Improve blood pressure • Improve cholesterol	4	50
	Corporate challenges – 2025 Challenges will be provided in December 2024	3	25

For points earned:

- Points earned through March 31 will be paid by May 31
- Points earned through June 30 will be paid by August 31
- Points earned through October 31 will be paid by December 31

Questions? Please contact your Human Resources department.

Well OnTarget is a voluntary wellness program. Well OnTarget is an informational resource provided to members and is not a substitute for the independent medical judgement of a health care provider. Members are instructed to consult their health care provider before beginning their journey toward wellness. Participation in the Health Assessment is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Ovia and Catapult Health are independent companies that have contracted with Blue Cross and Blue Shield of Texas to provide health management solutions for members with coverage through BCBSTX.

Virtual Visits may be limited by plan. For providers licensed in New Mexico and the District of Columbia, Urgent Care service is limited to interactive online video; Behavioral Health service requires video for the initial visit but may use video or audio for follow-up visits, based on the provider's clinical judgment. Behavioral Health is not available on all plans.

MDLIVE is a separate company that operates and administers Virtual Visits for Blue Cross and Blue Shield of Texas. MDLIVE is solely responsible for its operations and for those of its contracted providers. MDLIVE® and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without permission.

24/7 Nurseline is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.