



Enjoy
LIFE
REWARDS PROGRAM

Earn up to \$1,000* when you participate in certain wellness activities. For more information, call our Health Management Team at (671) 477-5091 ext. 1185, or email enjoylife@staywellguam.com

\$1,000 CASH REWARDS - DZSP 21, LLC ACTIVITIES & REWARDS

\$100

Annual Physical Exam (APE)

Diabetes care with annual retinal eye exam, Hemoglobin A1c, foot exam urine microalbumin test, and fasting lipid profile.

Completion of one (1) Full Marathon (21 K/13.1 mi) event. Proof of completion required. Up to two rewards per year.

\$50

Screening mammography and clinical breast exam for women ages 40 to 69 years.

Cervical cancer screening with Pap smear for women ages 21 to 65 years.

Colorectal cancer per USPSTF** guidelines for adults ages 50 to 75 years.

Osteoporosis screening per USPSTF** guidelines for women ages 65 years and older.

Screening for lipid disorders per USPSTF** guidelines for men ages 35 and older, or women 45 and older.

Attendance in a fitness class or gym with a minimum of eight (8) visits per month for three (3) consecutive months. Proof of attendance required. One reward per quarter.

Participation in a recreational sports team or league. Proof of membership and participation required. Up to two rewards per year.

100% Maintenance medication compliance for chronic disease management for members diagnosed with Diabetes OR Asthma.

Completion of two (2) dental prophylaxis/cleaning services per year under the StayWell Dental plan benefits provision.

Obtain a Seasonal Influenza Vaccination (flu shot).

Participate in or volunteer for one (1) StayWell Foundation, Inc. event or fundraiser. Proof of participation required. Up to four rewards per year.

Completion of StayWell's Health Risk Assessment (HRA).

\$25

Participation in a StayWell Worksite Health Fair or Screening (with BMI, blood pressure & blood sugar measurements).

Attendance in any two (2) StayWell-approved Health Education Classes. Proof of attendance & completion required. Up to two rewards per year.

Accumulation of at least 300 points a month for three (3) consecutive months through the online Health Activity Tracker. One reward per quarter.

Completion of two (2) 5K events. Proof of completion required. Up to four rewards per year.

Completion of one (1) 10K event. Proof of completion required. Up to four rewards per year.

Participate in one community health forum, conference, or screening event. Proof of attendance and participation required. Up to four rewards per year.

* Certain conditions apply. Maximum reward is \$200.00 per eligible member per policy year. Must be 18 years of age or older during Reward Period to qualify, must be actively enrolled under the medical health plan during the Reward Period, and must have at least 12-months of continuous coverage under the plan within the policy year. Listed activities must be completed within the Reward Period. Clinical services must be obtained through a StayWell Participating Provider. EnjoyLife Rewards Form must be submitted with supporting documents within sixty (60) days of the end of Reward Period in order to qualify. Visit www.staywellguam.com to download the form.

** For more information on the United States Preventive Services Task Force guidelines (USPSTF), please call our Health Management Department, or visit www.uspreventiveservicestaskforce.org.



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Frequently Asked Questions - DZSP 21, LLC

- 1 Who is eligible for the reward?** StayWell subscribers and their dependents over the age of 18 who have EnjoyLife Rewards Program under their medical health plan are eligible to receive a maximum of \$1,000.00 per member OR \$2,000.00 per family per year. Members must be enrolled under their medical health plan for a minimum of 12 months of continuous coverage within the Reward Period of the policy year. Members must be at least 18 years old at the start of the Reward Period of the policy year.
- 2 What do I need to do to receive my reward?** Members must complete the EnjoyLife Rewards Form available online or in our office, and submit to us. Other supporting documents, including proof of gym membership & attendance, proof of fitness event completion, proof of community event attendance, etc. must accompany the Rewards Form. Any Rewards Forms lacking supporting documents may result in disqualification of that reward.
- 3 Is there a deadline for completion of the activities or submission of the Rewards Form?** All reward activities must be completed during the reward year in order to receive the reward for that policy year. Any activities completed before or after the reward year will not be counted towards the reward. All forms and supporting documents are due no later than sixty (60) days from the end of the policy year.
- 4 When will I get my reward and where can I pick it up?** After the sixty (60) day period for submission of the Rewards Form, StayWell has an additional sixty (60) days to issue your reward. All rewards will be mailed out to the member according to the mailing addresses provided on the processed and submitted EnjoyLife Rewards Forms. Rewards will not be made available for pick-up at our office or through your employer.
- 5 How much is my reward?** Reward amounts vary according to the completed activities. The maximum reward per member is \$1,000.00 OR \$2,000.00 per family per year.
- 6 I received an Executive Check-Up on island, including annual physical exams and cancer screenings. Will this count towards my reward?** Any off island preventative health screening, including annual physical exams and cancer screenings, may count towards your reward if these services were obtained through a StayWell Center of Excellence or Participating Provider. Any services not obtained through a participating provider will not be counted towards the reward.
- 7 What counts as proof of completion for a fitness or run event?** Members may submit a copy of their official race completion results, or a selfie (photograph) at the finish line of the run.
- 8 How do I get access to the online Health Risk Assessment or Health Activity Tracker?** Access to our EnjoyLife Web Portal can be obtained by calling our Health Management Department at 671.477.5091 ext.1185 or by email at enjoylife@staywellguam.com. Eligible members will be given a unique username and password to access the portal. Please write this information down and keep it in a safe place for future reference.
- 9 What type of community forum, conference or health screening can I participate in?** Our StayWell Health Management Department is affiliated with many health agencies and organizations that include, but are not limited to: American Cancer Society, Guam Behavioral Health & Wellness Center, Department of Public Health and Social Services, Guam Cancer Care, Guam Diabetes Association, The Guam Diabetes Control Coalition, The Non-Communicable Disease Consortium, and others. Any event that is sanctioned or sponsored by any of these organizations will be counted towards your reward.
- 10 What counts as proof of attendance or participation of a community health event?** Members may submit a copy of their screening results, certificate of attendance or participation, or certificate of completion. Please verify with organization officials that these documents will be available to you.

For more information contact the Health Management Department at **671.477.5031 ext. 1185** or email at enjoylife@staywellguam.com



**HEALTH
MANAGEMENT
PROGRAM**
Exclusive to StayWell members!



StayWell
INSURANCE