



Enjoy
LIFE
REWARDS PROGRAM

Earn up to \$200* 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

Reward Activities

\$100

Annual Physical Exam **AND** completion of **ONE** of the following Preventive Health Screenings:

- StayWell online Know Your Number (KYN) Health Risk Assessment (HRA).
- 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 and older.
- Screening for lipid disorders per USPSTF** guidelines for men ages 35 and older, or women ages 45 and older.

**Both the annual physical exam and one of the above-listed preventive health screenings must be completed.*

\$100

Diabetes care with annual retinal eye exam, Hemoglobin A1c, foot exam, urine microalbumin test, and fasting lipid profile. Must be diagnosed with diabetes by a licensed medical professional.

**All procedures must be completed.*

\$25

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 benefit provision.

Attendance in any two (2) StayWell-approved Health Education Classes. Proof of attendance required.

Completion of two (2) 5k run events. Proof of attendance required. Contact StayWell Health Management for event options.

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

* Certain conditions apply. Maximum reward is \$200.00 per eligible member or \$400.00 per family per policy year. Must be 18 years of age or older at the start of the 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 the policy year 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.



StayWell
INSURANCE



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Frequently Asked Questions

- 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 for the rewards program. 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 it to our Health Management Department. Other supporting documents, including proof of gym membership & attendance, proof of fitness event completion, etc. must accompany the rewards form. Any rewards forms lacking supporting documents may result in disqualification of that reward.
- 3 What if I have dual coverage with another health insurance carrier and StayWell is not my primary health insurance?** A billing statement with procedure codes from your healthcare provider for completed preventive health services i.e., annual physical exam, cancer screenings, laboratory exams must be provided as supporting documents and proof of completion.
- 4 Is there a deadline to complete the activities or submit my EnjoyLife Rewards Form?** All reward activities must be completed strictly within the designated reward period of the policy year. Any activities completed before or after the reward period 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.
- 5 When will I get my reward and where can I pick it up?** After the sixty (60) day period for submission of your EnjoyLife Rewards Form has passed, StayWell has an additional sixty (60) business days to issue your reward. We will mail all rewards directly to your address on file. We do not offer reward pickup at our office or through your employer.
- 6 How much is my reward?** Reward amounts vary according to the completed activities. The maximum reward per member is \$200.00 OR \$400.00 per family per year.
- 7 I received an Executive Check-Up off-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.
- 8 How do I get access to the online Know Your Number (KYN) Health Risk Assessment (HRA)?** Access to our online KYN HRA can be obtained by logging on to the Wellworks Wellness Portal through our StayWell website. Your unique username is your 11-digit StayWell Member ID and your temporary password is your date of birth (MMDDYYYY). Members must be 18+ years to complete the KYN HRA.
- 9 What fitness or 5k run event can I participate in and what counts as proof of completion for a fitness or run event?** You may participate in any organized fitness or run event. Members must submit a copy of their official race completion results, official race bib, and a selfie (photograph) at the finish line of the run.

For more information contact the
Health Management Department

671.477.5091 ext. 1185
enjoylife@staywellguam.com