



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](mailto:enjoylife@staywellguam.com)

## Reward Activities

**\$100**

Annual Physical Exam and completion of ONE of the following:

- StayWell Health Risk Assessment.
- 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.

**\$100**

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

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

Accumulation of at least 300 points a month for three (3) consecutive months through the Health Activity Tracker on the EnjoyLife Web Portal.

**\$25**

Completion of two (2) StayWell-sponsored or 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 (2) visits per month for three (3) consecutive months. Proof of attendance and membership is required.

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.

\* 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](http://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](http://www.uspreventiveservicestaskforce.org).

For more information contact the Health Management Department at **671.477.5031 ext. 1185** or email at [enjoylife@staywellguam.com](mailto:enjoylife@staywellguam.com)



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



**StayWell**  
INSURANCE



**StayWell**  
INSURANCE



**Enjoy**  
**LIFE**  
REWARDS PROGRAM

## Frequently Asked Questions

### **1 Who is eligible for EnjoyLife Rewards?**

StayWell subscribers and their dependents over the age of 18 years old who have EnjoyLife Rewards Program under their medical health plan are eligible to receive a maximum of \$200.00 per member 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 the Health Management Department. Other supporting documents, including proof of gym membership & attendance, proof of fitness event completion, such as 5K race bib or official race results 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?**

After the sixty (60) day period for submission of the Rewards Form, StayWell has an additional sixty (60) days to process and issue your reward.

### **5 How much is my reward?**

Reward amounts vary according to the completed activities. The maximum reward per member per year is \$200.00.

### **6 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.

### **7 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](mailto: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.

For more information contact the Health Management Department at **671.477.5031 ext. 1185** or email at [enjoylife@staywellguam.com](mailto:enjoylife@staywellguam.com)



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



**StayWell**  
INSURANCE