

All members enrolled in the **High Deductible Health Plan** have the opportunity to **earn up to \$500 per year** in additional employer-paid HSA account contributions by participating in wellness activities/events!

**1. Lifestyle Survey:** \$50 (once per year)

Watch your email for a survey link and additional details in the Cochise Combined Trust's monthly wellness newsletter

**2. Health Risk Assessment & Nurse Consultation:** \$250 (once per year)

Must complete the Health Risk Assessment Biometric Screening available in Spring 2018 AND one telephonic or onsite nurse consultation in order to receive contribution.

**3. Tobacco Cessation Program:** \$250 for completing ASHLINE or similar cessation program (\$250 max per year)

Please provide proof of completion to your ECA Wellness Consultant, Megan Wolford, at [CCT@ecollinsandassociates.com](mailto:CCT@ecollinsandassociates.com)

**4. Onsite Health Screenings:**

Screening	Month	Contribution
Flu shot	Sept/Oct 2017	\$25
Cardiac & Organ screening	Sept 2017	\$25
Healthy Heart Blood Draw	August 2017	\$25
Mammography screening	Oct 2017	\$25
Prostate screening	Oct 2017	\$25
Skin Cancer screening	May 2018	\$25
Comprehensive Eye Screening	Pending 2018	\$25

**5. Health Screening Follow Ups:** \$100

Follow up with a doctor after receiving an abnormal result at a screening. Must provide proof of follow up (EOB) to your ECA Wellness Consultant, Megan Wolford, at [CCT@ecollinsandassociates.com](mailto:CCT@ecollinsandassociates.com)

**6. Dental Cleanings:** \$50 (\$100 max per year)

Please provide proof of visit (EOB) to your ECA Wellness Consultant, Megan Wolford, at [CCT@ecollinsandassociates.com](mailto:CCT@ecollinsandassociates.com)

**7. Worksite Fitness:**

Worksite Fitness Session	Contribution	Max contribution
Initial Assessment & enrollment	\$50	\$50/year
Educational presentations	\$10	\$30/quarter

**8. Fitness Activity and Healthy Lifestyle Logs:** up to \$100 per quarter based upon volume/frequency of activity and other healthy behaviors. Go to <http://cochisecombined.org/wp-content/uploads/2017/08/HSA-incentive-lifestyle-log.pdf> and print your log. You must complete a log for each week of the quarter to receive contribution. Please send completed logs either weekly or quarterly to your ECA Wellness Consultant, Megan Wolford, at [CCT@ecollinsandassociates.com](mailto:CCT@ecollinsandassociates.com)

**9. Participation in any organized physical activity event:** \$25/event (\$75 max per quarter)

Examples: Cochise 5k, Cochise County Classic, Police and Fire Games, Bisbee 1000 ... any running/cycling/walking event, sport's tournament, etc.

Please provide proof of participation to your ECA Wellness Consultant, Megan Wolford, at [CCT@ecollinsandassociates.com](mailto:CCT@ecollinsandassociates.com)