



# HOW TO EARN YOUR WELLNESS WALLET

## 2027 HEALTH INCENTIVES

Brevard County employees enrolled in BCBOCC medical plans have the opportunity to earn credit in your "Wellness Wallet" by completing annual Health Incentives by August 31, 2026.

For those with Employee-only plans, you can earn \$500, and Employee + Dependent(s) plans, you can earn \$1000. This credit will be applied to your Wellness Wallet for the year 2027.

Your Wellness Wallet functions similarly to an FSA, allowing you to use the funds for a variety of 213(d) expenses, including medical, prescription, dental, vision, as well as certain over-the-counter medicines, etc. all within the same calendar year.

Health Incentives completed between September 1, 2025 and August 31, 2026, will be rewarded in 2027.

NOTE: Participation in the Health Incentive Program remains optional and voluntary. If you choose not to complete your health incentives, you will receive \$200 in your Wellness Wallet for 2027, regardless of individual or dependent coverage.



**1** COMPLETE YOUR HEALTH ASSESSMENT ON MYCIGNA.COM

**2** EARN 20 HEALTH INCENTIVE POINTS (SEE MYCIGNA.COM FOR GOALS TO EARN YOUR POINTS)



### HEALTH ASSESSMENT

Access in your myCigna account from the "WELLNESS" tab. Wait 3-5 days to view your Health Incentive point status.



### WELLNESS WALLET

Annual Wellness Wallet credits are managed by Medcom. You will keep the same card, year after year.



### USE WITHIN THE YEAR!

Your Wellness Wallet acts like an FSA, allowing you to use it more places, but you must use your credits between January 1 - December 31, 2026.

# Healthy You. Happy Wallet.

This booklet is intended for informational purposes only members of the Brevard County BOCC medical plan. The plan documents, insurance certificates and policies will serve as the governing documents to determine plan eligibility, benefits and payments. With conflict between this information and the official plan documents, the plan documents will always govern.



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**1 COMPLETE YOUR HEALTH ASSESSMENT ON MYCIGNA.COM**

**2 EARN 20 HEALTH INCENTIVE POINTS (SEE MYCIGNA.COM FOR GOALS TO EARN YOUR POINTS)**

Health Incentives completed between 9/1/25, and 8/31/26 will be awarded in your 2027 Wellness Wallet.

Step One - Complete your online Health Assessment		
Health Assessment	Confidential questionnaire on myCigna account; Complete online assessment, receive your score, and wait 3-5 days to view your incentive point status	0 points
Step Two - Earn 20 points by completing the following healthy goals		
Annual Physical Exam <b>(must be preventative; no cost or co-pay)</b>	A visit with your primary care provider (PCP) to help reinforce good health and catch any issues early. *NOTE: If a covered spouse completes his or her annual physical exam, the primary member will receive one wellness incentive point.	19 points; 1 point by spouse
Biometric Screening	Obtain key biometrics such as blood pressure, cholesterol, and blood sugar. *NOTE: It is not necessary to get a biometric screening if you have an annual physical exam with your PCP.	18 points
LifeScan Screening	This annual screening is <b>self-reported</b> by those who complete it as a Fire Rescue employee and BCSO special unit employee only <b>(Subject to Audit)</b>	19 points
Biometric Targets	A blood pressure less than or equal to 139/89.	1 point
	A cholesterol ratio less than 4.4 (women) or less than 5 (men).	1 point
Annual OB/GYN exam	Preventative, routine visit with your OB/GYN that can help identify serious issues early.	1 point
Preventative Screenings	Get a cervical cancer screening (preventative exam)	1 point
	Get a colon cancer screening (preventative exam)	1 point
	Get a mammogram (preventative exam)	1 point
	Get a prostate screening (preventative exam)	1 point
	Get a preventative dental exam (reporting through your Cigna dental claim)	1 point, (max 2)
Talk to a Health Coach & make progress toward a goal	Get help improving a lifestyle habit with on-site Health Coach or a Cigna telephonic coach	1 point
Vaccinations	Get a flu shot	1 point
	Age-related vaccinations such as Shingles, Pneumonia, etc. <b>(self-reported goal)</b>	1 point
Brevard-sponsored physical activity	Participated in wellness activity EX: Brevard-sponsored walk/run event, Mission SLIMpossible, etc. <b>(self-reported goal; subject to audit)</b>	1 point, (max 2)
	Walkingspree challenge (Complete through Walkingspree app on smartphone)	1 point, (max 2)
Prescriptions	Switch to home delivery for your maintenance medications through Express Scripts Pharmacy (employee prescription only)	1 point
	Refill your home delivery prescriptions automatically (employee prescriptions only)	1 point

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