

# ESHCA Wellness 2025

## Incentive Checklist

(Incentives are available to the member and the member-spouse)

Further details and forms:

[www.eshca.org](http://www.eshca.org)

### A) Annual Physical Incentive (\$200 - \$250)

- |  |   |           |
|--|---|-----------|
| <input type="checkbox"/> Step 1 – Explanation of Benefits              | } | \$200     |
| <input type="checkbox"/> Step 2 (optional) – General Health Assessment |   | \$25 each |
| <input type="checkbox"/> Step 3 (optional) – MD Biometric Form         |   |           |

### B) “Take Action” Incentives (Complete 2 out of 3)

\$50 each

- ☐ Nutrition Course
  - ESHCA 35-Day Nutrition Challenge, Weight Watchers, MD Prescribed, etc.
- ☐ “Used” Gym Membership – 40 visits
  - Send in “logins” provided by your health club.
  - Contact me if you have a home exercise program you would like to submit.
- ☐ Smoking Cessation Course
  - “The Butt Stops Here”
  - RX Program through PCP

### C) Online Newsletter Challenges (6 per member household)

\$25 each

- ☐ #1 \_\_\_\_\_ (record the month)
- ☐ #2 \_\_\_\_\_
- ☐ #3 \_\_\_\_\_
- ☐ #4 \_\_\_\_\_
- ☐ #5 \_\_\_\_\_
- ☐ #6 \_\_\_\_\_

Questions? Contact:

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Note: some items may be subject to change, stay up to date through the online newsletter or by visiting [www.eshca.org](http://www.eshca.org).