



The PACE Wellness Program is back for 2024, and we have added some new upgrades and additions! This year, you can earn up to \$175 by completing health activities annually. The incentive program starts **February 1, 2024 and ends November 15, 2024.**

All activity points must be completed by **November 15, 2024** to be eligible for rewards. Employees, spouses, and early retirees are eligible to participate this year. Dependent children are not eligible to participate.

2024 Points Structure

Activity	Points
Biometric Screening	
Biometric Screening – Submit Verification Form	300
Cholesterol Ratio (≤ 4.5)	100
Glucose (≤ 140 non-fasting or ≤ 100 fasting)	100
Blood Pressure ($\leq 130/80$)	100
Personal Health Assessment	200
Behavior Change Campaigns	
WellSteps Campaign #1 - Intuitive Eating Campaign - February 26 - April 7, 2024	100
WellSteps Campaign #2 - Posture Perfect Campaign - May 6 - June 16, 2024	100
WellSteps Campaign #3 - Stress Free Campaign - August 5 - September 15, 2024	100
Walktober Challenge - October 1 - 31, 2024 - Agency vs. Agency Challenge - More information will be sent out in September 2024.	200
Health Coaching	
Enroll in Health Coaching Program (Complete 4 sessions; Up to 6 sessions with a coach)	300
Preventive Care	
Other Preventive Care Visit – 50 points each – Up to 3 (vision, dental, mammogram, other screenings)	150
Flu Vaccine	50
Smoking and Vape Free	50
Personal Self-Care Activity	
<ul style="list-style-type: none"> 25 points each – up to 250 points total This activity includes all the activities that have been removed from the previous year's points list, such as: volunteering, meditation, fitness classes, etc. 	250
WellSteps Activity	
<ul style="list-style-type: none"> Complete four (4) Quizzeos - 25 points each - up to 100 points total Bi-weekly WellSteps Challenge - 50 points each - up to 200 points total 	300
Carrier-specific Activity	
<ul style="list-style-type: none"> Anthem members – register for LiveHealth Online Kaiser members – register for a self-care app 	100
TOTAL POINTS	2,500

TO EARN REWARDS

600-899 pts = \$50 reward | 900-1,199 pts = \$100 reward | 1,200-1,699 pts = \$150 reward | 1,700 - 2,500 pts = \$175 reward

Contact Mariah Caracoza at mcaracoza1@keenan.com or call 310-212-0363 ext. 3304 for more information.

PACE WELLNESS PROGRAM

Frequently Asked Questions

Question: What is the PACE Wellness Program?

Answer: The wellness program is provided through the PACE Joint Powers Authority (JPA) benefits program. Eligible employees and their spouses and early retirees have an opportunity to earn rewards for completing different health actions throughout the designated time frame. The goal of the PACE Wellness Program is to promote healthy activities and provide rewards to encourage PACE members to improve and/or maintain their health and well-being throughout the year.

Question: Who is eligible to participate in the PACE Wellness Program?

Answer: Employees and their spouses and early retirees enrolled in the PACE medical plans are eligible to participate and earn rewards. Spouses enrolled in the PACE medical plans are eligible to participate and earn rewards in the 2024 program. Dependent children are not eligible to participate.

Question: What is the time frame to complete health actions which qualify for points towards rewards?

Answer: The rewards program starts February 1, 2024, and ends November 15, 2024. All points must be submitted by November 15, 2024 in order to be eligible to receive rewards in December 2024.

Question: Where do I go to begin completing health actions to earn reward points?

Answer:

- Step 1. Register by visiting [WellSteps.com/PACE](https://www.wellsteps.com/PACE) and enter your company assigned username. Your username will be your first initial, last initial, and date of birth. For example, John Smith born 2/15/72 would have the username JS021572.
 - For spouses, please put the employee's username with a "-s" at the end. For example, John Smith's spouse would use the username JS021572-s to register. Then select the company (PACE) and then enter the spouse's information for birthdate, email, etc.
- Step 2. Complete the Personal Health Assessment (PHA). You will then have access to the full online program center.
- Step 3. Take a look at the Rewards page to start completing activities to earn points.
- Step 4. You can use the WellSteps website or mobile app to track your rewards. To download the mobile app, search WellSteps in your App Store on your phone.

For updates about the Wellness Program and to view the recent monthly newsletters and other documents, please visit: <https://www.pacejpa.org/wellness>

Question: Are any of the health actions required to qualify for rewards?

Answer: New for the 2024 program year, there are no longer any required health actions needed to qualify for the rewards. However, the more difficult health actions count for more points, so it may be worthwhile to complete some of the higher point activities. **Reaching 600 points or more will qualify you for a reward, and the more points you earn, the higher the reward you receive at the end of the year.**

Question: Can I submit results from a recent doctor's visit as an option to earn the Biometric Screening reward point?

Answer: Yes, complete and submit the health screening verification form found on your WellSteps rewards page. Click Rewards and then follow the instructions under Biometric Screening. Biometric results from November 16, 2023 to present will be accepted. Submitting the Biometric results form is worth 300 points. If the blood pressure, glucose and cholesterol metrics meet the criteria, then you will receive 100-300 extra points for those metrics. If those metrics do not meet the criteria, you may complete other activities on the Points Structure List to reach your targeted point total.

Question: How do I submit my health screening verification form?

Answer: Have your physician or physician's office complete the verification form for you. Then you can upload a picture or scanned copy of the document to [WellSteps.com/PACE](https://www.wellsteps.com/PACE). Login to your account, and go to Rewards > Biometric Screening section. Biometric results from November 16, 2023 to present will be accepted.

Question: After I complete my health actions and earn points, how are the rewards distributed?

Answer: All points and verification forms must be submitted by November 15, 2024, to be eligible for rewards. In December 2024, those who qualified for rewards (600 points or more) will receive an email with directions on how to claim the e-gift card reward. Several e-gift card options will be available to choose from.

Question: How long does it take for pending points to be verified and added to my points total?

Answer: Points are verified within one to three weeks after forms are uploaded. Due to volume, there may be a longer wait time at the end of the program year.

Question: Are the Wellness Program rewards taxable?

Answer: Yes, according to the IRS, all Wellness Program Rewards are taxable as employee income. Contact your agency's benefits representative to learn if taxes will be applied to your rewards.

Questions?

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