

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)

Click [here](#) to enroll in the CCT ASHLINE program.

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

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

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

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