

Only **CCT County** members and spouses 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. Wellness 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 2021 **AND** one telephonic or onsite nurse consultation in order to receive complete contributions. Health Risk assessment alone is \$25.

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, at CCT@ecollinsandassociates.com

4. Onsite Health Screenings:

Screening	Month	Contribution
Healthy Heart Blood Draw	July/August 2020	\$25
Cardiac and Organ Screening	Sept 2020	\$25
Flu Screening	Sept 2020	\$25
Prostate Screening	Sept 2020	\$25
Mammography Screening	Oct 2020	\$25
Comprehensive Eye Screening	April 2021	\$25
Skin Cancer Screening	April 2021	\$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, at CCT@ecollinsandassociates.com

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

Please provide proof of visit (EOB) to your ECA Wellness Consultant, at CCT@ecollinsandassociates.com

7. Worksite Fitness: For questions on fitness assessments or presentations, contact Ana Flannigan at aflannigan@cochise.az.gov

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. [CLICK HERE](#) to print your Healthy lifestyle log. Please send completed logs to your ECA Wellness Consultant, 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, at CCT@ecollinsandassociates.com