

CARROLL COUNTY WELLNESS INCENTIVES

REQUIREMENTS	ANTHEM REWARDS	CARROLL COUNTY WELLNESS PROGRAM	PCP DIFFERENTIAL PROGRAM
ANNUAL PREVENTIVE WELLNESS EXAM	RECEIVE \$50	REQUIRED*	REQUIRED*
COMPLETE HEALTH ASSESSMENT (SYDNEY APP)	RECEIVE \$25	REQUIRED	
BIOMETRIC SCREENING	RECEIVE \$25		REQUIRED*
2 EDUCATION ACTIVITIES (OPTIONS BELOW)		REQUIRED	
1 TRACKED FITNESS ACTIVITY (OPTIONS BELOW)		REQUIRED	
DUE DATE	JUNE 30, 2025	JUNE 30, 2025	NOVEMBER 30, 2025

***Forms must be submitted as proof of completion**

Education Requirements (2 required - 1 must be in person or virtual)

- Lunch & Learns - 3-4 will be offered
- OSU wellness videos & quizzes - at least 2 will be offered
- Additional educational activities TBA

Fitness Requirements (1 required)

- Rotary 5k walk/run 11-9-24 (entry fee covered for employee/spouse)
- Various fitness classes offered through the county (a total of up to 3 are covered for employee/spouse & you may mix and match classes
 - Gentle yoga with Janelle
 - Zumba with Jaclyn - VFW
 - Yoga with Valerie - Sherrodsville
 - Seated classes with drumming and tai chi will be offered by OSU in 2025 - dates TBA
- 1 mile Glow Fun Run/Walk on the Monday before fair (entry fee covered)

