

Aetna Health Promise Incentive

Employees can earn a lump sum payment for completing wellness activities from the list below.

Plan	Employee Only Employee + Children	Employee + Spouse Employee + Family 2 Board Family Plan
Number of Credits	5	8
Incentive	\$200	\$300

Credits must be earned between January 1, 2019 and December 31, 2019. Incentive will be paid in the beginning of 2020 through employees paycheck. Employees and spouses can earn credits. Employees can view the incentives earned through their secure Aetna member website www.aetna.com (see p. 9).

Program	Credit	Spouse Credit
Wellness Screening <small>Metabolic Syndrome Screening</small>	1	0
Health Assessment	1	1
Get Active	1	0
Mindfulness Challenge	1	0
Small Bytes	1	1
Aetna Maternity	1	1
Tobacco Journey or AHEC Classes	1	1
YMCA Programs <small>(Diabetes Prevention & Blood Pressure)</small>	1	1
Diabetes Care Program	1	1
Annual Physical	1	1
Annual Women's exam	1	1
Mammography	1	1
Colorectal Screening	1	1
Skin Screening	1	1
Flu Shot	1	1

Please visit pcsb.org/wellness for more information and description of new programs.