

How to Earn Dollars

July 1, 2026 - June 30, 2027

Complete various wellness activities to earn up to \$500 in incentive dollars, paid out on your bi-weekly paycheck.*



GETTING STARTED REWARD

*Health Risk Assessment (Required in order to earn incentive)	\$50
Annual Physical	\$100

PREVENTIVE CARE REWARD

Cervical Cancer Screening	\$75
Colonoscopy	\$75
Mammogram	\$75
Prostate Exam	\$75
Eye Exam	\$25
Dental Exams	\$50 / \$25 each
Vaccines	\$25

ADDITIONAL ACTIVITIES REWARD

Move It	\$50
Athletic Event	\$25
Wellbeing Courses	\$25
Wellness TED Talks	\$100 / \$25 each
Sleep Well - September	\$25
Nutrition 101 - October	\$25
Hydration Nation - November	\$25
Finance Fitness - January	\$25
March into Motion - Group Challenge	\$25
Mindfulness Moments - May	\$25
Virginia 10-miler	\$25

PERSONAL & PEER-TO-PEER CHALLENGES REWARD

Pick from hundreds of ideas or create a custom challenge to help you work on what YOU want to work on.	\$25 / \$5 each
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