2026/2027 Scantic Valley Regional Health Trust/ Harvard Pilgrim Wellness Points Program

wellness program
Scantic Valley Regional Health Trust

Harvard Pilgrim Wellness Works Incentive Program

The Wellness Works Program allows SVRHT employee subscribers to earn points for participating in health and well-being programs. All programs offered are free for members who get their health insurance from the Scantic Valley Regional Health Trust.

You can earn up to $200 for taking the programs that are offered throughout the Wellness Works Program, which runs October 15th - May 31st You will have to earn at least 50 points to receive a reward to make sure you participate in a few of the great programs being offered in 2026/2027.

Some of the online webinars are live. We know not everyone can attend all of the webinars during the times that they are offered so, if you can't attend live, you can watch the recording within 30 days and take a short quiz to earn points.

Online programs/courses are self-paced and will be available for one year, but to be eligible for the incentive points, you must take them by May 31, 2027. A variety of programs will be announced each month via email and in the monthly wellness newsl

Each point you earn is worth $1. Most of the programs, webinars, and online courses are worth at least 10 points so your dollars will add quickly. And, the added bonus is that you will be getting important, science-based health and wellness information to keep you and your family healthy all year!

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We will also have numerous online programs offered each month to help you earn points while you stay healthy! Look for information in the SVRHT Monthly Wellness Newsletter. Program links will be available when the programs are released.

Bonus Point Programs (Proof of each will be required). Proof of completion can be emailed to **Marcy@scantichealth.org**

There will be numerous bonus programs to participate in this year, including:

- **Stress Less this Fall (10 points)**
- **The Science Behind Better Sleep (10 points)**
- **Healthy Happy Holidays (20 points)**
- **30/30/30 Challenge (20 points)**
- **Resolution Reset (20 points)**
- **Dry January (10 points)**

Flu Shot
You will receive **10 points** for getting your annual flu shot.

Blood Donation
You will receive **10 points** for donating blood this year. You could save a life with this simple act of kindness.

Cancer Screenings - Mammogram. Colonoscopy or PSA screenings are worth **20 points each**.

Dental Check-Up
Getting your annual cleaning and check-up with your dentist can help prevent disease - not just dental and gum disease!
You will receive **10 points** for your dental check-up.

You can send proof of these bonus incentives to
Marcy@scantichealth.org

CanaRx - to receive the incentive for CanaRX, you must set up an account and see if your medications are available. **Click here** for more information.
This incentive is worth 10 points.

Good Health Gateway - If you ore a family member has diabetes, you can sign up for all medications and testing materials through Good Health Gateway. **Click here** for more information.
This incentive is worth 10 points

Get Lean Permanently - our weight management program for anyone who has struggled weight and metabolic health (blood sugar, blood pressure, cholesterol and/or waist circumference). If you have ever thought about taking a GLP-1 drug for weight loss, this program is for you! **(This program is worth 30 points).** If you took the GLP-5 course last year, it will be updated for the 2026/2027 incentive program and information will be available if you want to continue to participate.

You can also participate in the Healthy Fit Family Fitness app as a part of this program. Participation in the app's 6-week program is worth 20 points.