2026/2027 Scantic Valley Regional Health Trust/ BCBS Wellness Points Program

wellness program
Scantic Valley Regional Health Trust

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.

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!

This year, you can earn 20 points each for taking your BCBS health assessment online and getting your annual physical at your primary care physician. These 2 action items are very important and can help you identify any health issues you might have so you can address them. In this case, knowledge truly is power.

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 newsletter.

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For any questions about the program, contact:
Marcy@scantichealth.org

*Please note: Blue Cross Blue Shield of Massachusetts medical plan members will receive their points by the 15th of the month following the claim receipt at BCBSMA, which can take up to 90 days. If you are a new BCBSMA subscriber, not a BCBSMA member, or your provider has determined your preventive well visit is not required during this time frame, you will need to complete the preventive well visit attestation.

Watch for bonus webinars, online programs, and challenges throughout the year. They will be announced in the monthly wellness newsletter and in wellness emails. Most will be woth 10 points.

Here is the link to the BCBS AHealthy Me portal

This year, we are have even more ways to achieve points.

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.

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Bonus Point Programs (Proof of each will be required)

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 (10 points)**
- **Dry January (10 points)**

Medical Bonus Programs

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

Blood Donation
You will receive **10 points** for donating blood.

Cancer Screening - 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 get **10 points** for your dental check-up.

Please send proof for these programs to
Marcy@scantichealth.org