

# Sentara Well-being Rewards

## Set health goals, achieve better outcomes.

Powered by our partnership with WebMD® Health Services, the Sentara Well-being Rewards program offers a flexible and inclusive solution for eligible members to engage in activities that lead to better health outcomes.

### Program Activities Include:

Complete a Personal Health Assessment	\$50
Get Preventive Screenings	
Annual Physical	\$50
Colorectal Cancer Screening	\$25
Mammogram	\$25
Prostate Cancer Screening	\$25
Skin Cancer Screening	\$25
Connect with Condition Management	
Diabetes	\$50
Cardiovascular	\$50
Respiratory	\$50
Partners in Pregnancy	\$50
Explore WebMD ONE (complete all 3)	
Sign Up for a Newsletter	\$25
View Health Topic	
Find a Recipe	

Eligible members are encouraged to complete activities from the list below in an effort to learn more about their overall health while setting attainable and timebound goals to improve it. Activities can be logged and monitored using the WebMD ONE Portal, accessible through the Sentara Health Plans website or mobile app. Rewards for completed activities will be dispersed on a monthly basis with up to **\$250** in rewards for the year. Rewards may be considered income and are subject to taxes.

Complete a Daily Habit (max of 4 for up to \$200)	
Asthma	\$50
Back Health	\$50
Thrive at 65+	\$50
Balance Your Diet	\$50
CAD	\$50
COPD	\$50
Cope with the Blues	\$50
Diabetes	\$50
Enjoy Exercise	\$50
Heart Failure	\$50
High Blood Pressure	\$50
Keep Stress in Check	\$50
Lose Weight	\$50
Maternal Health (1, 2, or 3)	\$50
Pregnant Partner Support	\$50
Quit Tobacco	\$50
Sleep Well	\$50
Stay Connected	\$50
Work Life Balance	\$50



For more information, visit  
[sentarahealthplans.com](https://sentarahealthplans.com)

Sentara Health Plans is a trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.

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\*Eligible members include subscribers (member ID number ending in \*01) ages 18 and older in small, mid-market, and large fully insured plans, as well as Individual & Family Health Plans (exclusions apply).