

Go for Gold

With the Kyrene “Healthy Beginnings^{*}” Wellness Incentive Program

Kickstart your journey to superior health and wellness with the Kyrene “Healthy Beginnings” Wellness Incentive Program! Not just that, also earn a \$250 gift card just for taking care of yourself! The program runs from July 1, 2024, until June 30, 2025.



What are the Program requirements?

Take these steps toward better health:

- 1 Annual Physical Examination with a Doctor**
- 2 Health Risk Assessment**
- 3 Choose two of these requirements:**
 - Flu Shot
 - Dental Cleaning Exam
 - Vision Screening Exam
 - Mammogram
 - Colonoscopy
 - Prostate Exam
 - Gynecological Exam
 - Dermatologist Visit
 - Complete a Lyra Learn module
 - Step Challenge participant
 - Calm App (20 “Mindful” days)
 - On-site Health Coach (BP and Body Comp checks)
 - Participate in Kyrene Blood Drive (On-site thru school year)

How to Participate and Claim Your \$250 Gift Card:



Step 1: Begin Your Health Journey: Schedule your annual physical with the doctor.

Step 2: Complete the online Health Risk Assessment found here: <https://kyrene.myameriben.com>. If you do not already have an account, you will need to first follow the sign up instructions online.

Step 3: Select and Complete Two More Activities: Choose any two additional wellness activities listed and enjoy the process.

Step 4: Gather and Upload Your Documents . Ensure you have valid proof of participation/completion of the chosen activities. Remember, your document's exam date should be within the program's timeframe, from July 1, 2024 to June 30, 2025.

- Upload Your Documentation Log in to your account at <https://kyrene.myameriben.com> and navigate to Wellness "Healthy Beginnings" tile and program link.

Kyrene School District - 2023-2024
(07/01/2023 - 06/30/2024)
Employees that are on our medical plan can earn up to \$250 with our Wellness Incentive Program. Non-employee spouses do not qualify for this incentive.

To date, you have not currently met the minimum requirements for successful completion.

Program Rules
Maximum Points Allowed: 4
★ 3 mandatory
▲ Plan Participation

0/4 Total Points Earned | 0 Pending | 0 Points Balance

- Kyrene School District Employee Confirmation (0/1)
- ★ Annual Physical Exam (0/1)
- ★ Health Risk Assessment (0/1)
- ★ Additional Wellness Requirements (You will need to complete 2 from the list) (0/13)

- Start at the top "Kyrene School District Employee Confirmation" and sign the document (Click on the i to learn more about the requirements or on the "+" to upload the documents).

- Upload your verification documents for each category by clicking the + sign and uploading the documents.

- Upon successful completion of all of the documentation, you will receive a confirmation email.

- Note: Please upload the documents within the stipulated timeline (July 1, 2024, to June 30, 2025) to qualify for the gift card! See next page for acceptable documents.

- Your AMAZON gift card will come to the email you entered from Card Services at BlackHawk.com within 1 week with the email subject line: **Kyrene Wellness Reward.**

- Follow the instructions in the email to redeem your virtual AMAZON card. If you have any questions, please contact call our Health Management team 855-961-5401 select option 1 then 8.

There it is! Follow these crucial steps to better health and get rewarded with an amazing \$250 gift card.

Frequently Asked Questions (FAQs)

about the Kyrene “Healthy Beginnings” Wellness Incentive Program

Q: What is the Kyrene “Healthy Beginnings” Wellness Incentive Program?

A: The Kyrene “Healthy Beginnings” Wellness Incentive Program is a health-focused initiative that rewards participants with a \$250 Amazon gift card for taking specific steps towards improving their health.

Q: When does the program start and end?

A: The program runs from July 1, 2024, to June 30, 2025.

Q: How can I earn the \$250 gift card?

A: You can earn the gift card by completing an Annual Physical with a doctor, the Health Risk Assessment and by choosing and completing two additional wellness activities from a provided list, then uploading the information to the website (described below).

Q: What are the additional wellness activities to choose from?

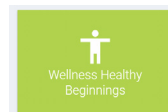
A: The wellness requirements include various proactive health actions like getting a flu shot, dental cleaning exam, vision screening exam, undertaking a colonoscopy, prostate exam, gynecological exam, dermatologist visit, participating in a step challenge, completing a Lyra Learn module, achieving “Mindful Days” on the Calm app, or participating in the Kyrene Blood Drive on campus.

Q: How do I upload my documents?

A: To upload your documents:

- 1 Log into your account at <https://kyrene.myameriben.com>. If you do not already have an account, you will need to first follow the sign up instructions online.

- 2 Navigate to the Wellness Healthy Beginnings tile:

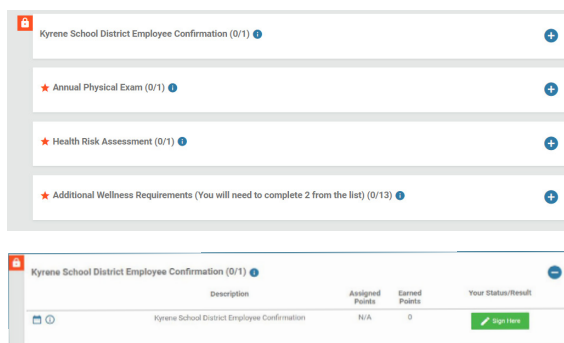


- 3 Click on the Healthy Beginnings Program link, then View Program



- 4 Start at the top “Kyrene School District Employee Confirmation” and sign the document .

Click on the i to learn more about the requirements or on the + to upload the documents.



- 5 Complete the Annual Physical Exam and Health Risk assessment sections, then upload the required documents by clicking on the + sign to the right of each category and selecting the green upload file.

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Incomplete is displayed until the criteria is completed.

Inactive is displayed if a member has not completed a pre-Req opportunity first.

Expired will appear if the time period for that criterion to be completed has passed.

Assigned Points: Total points assigned to the incentive category.

Earned Points: Total points you have earned for the category.

You'll receive a confirmation email once your document has been successfully submitted.

Q: What happens if I miss the upload deadline?

A: It's important to ensure that all documents are uploaded within the program's timeframe (July 1, 2024, to June 30, 2025) to qualify for the gift card.

Q: Who can I reach out to if I have further queries?

A: You can reach out to AmeriBen Health Management by calling 855-961-5401. Select option 1 then 8 for further assistance or queries related to the program.

Q: When and how will I receive my Amazon Gift Card?

A: Upon successful completion of all of the documentation, you will receive a confirmation email.

Your AMAZON gift card will come to the email you entered from Card Services at BlackHawk.com within one week with the email subject line: Kyrene Wellness Reward.

Follow the instructions in the email to redeem your virtual AMAZON card.



Qualifying Documentation

for earning your reward

Wellness Incentive Documentation

Hey there, wellness warrior! To make sure you get credit for all your healthy habits, here's what you need to do. Remember, taking care of yourself is super important, and we're here to cheer you on every step of the way!

Documentation Needed:

You can submit exam documentation, a physical form, or an Explanation of Benefits (EOB). Just make sure the uploaded documents includes:

- Your name
- A description of the service or exam
- The date of the service or exam

We have also included examples of the form to attach for the flu shot, WELCOAZ certificate, and Lyra Learn certificate.



Important Dates:

All services need to be done between **July 1, 2024, and June 30, 2025.**

So, go ahead and schedule those appointments. Your future self will thank you! Let's keep shining and stay on top of our health game.



Flu Shot Certificate of Completion



WELCOAZ Certificate of Completion



Lyra Learn Certificate of Completion



* Healthy Beginnings is only available to Kyrene Employees who have a Kyrene medical plan. AmeriBen is a separate and independent company providing medical benefits administration services on behalf of self-funded group health plans.