

Kyrene Healthy Beginnings Wellness Incentive Program

Your health plan includes an Employee Wellness Incentive Program that rewards you for taking a few simple steps to better your health. The start date is July 1, 2025, until June 30, 2026. *Please note exam date on documentation/verification should be from July 1, 2025, to June 30, 2026. You can earn a \$250 Amazon gift card for completing the following:

1. **Health Risk Assessment and Employment verification must be completed prior to submitting any other wellness documentation.**
2. **Annual Physical with Doctor.**
 - a. The easiest way to complete this is with **Healthy Beginnings Physician form**. We can also accept an EOB or written statement from the provider stating they completed your annual physical.
 - b. **Annual lab work** should be drawn with your annual physical. If you are seeing an OB/GYN for your annual wellness exam, ensure you have *included* annual lab work as well. Otherwise, it will count for additional medical exam.
3. **Complete 2 of the following Wellness Requirements: All requirements must have your first and last name, date of service and match the type of exam for which it is being submitted.**
 - Flu Shot
 - Dentist Cleaning Exam
 - Vision Screening Exam
 - Mammogram
 - Colonoscopy
 - Prostate Exam
 - Dermatologist Visit
 - Gynecological Exam
 - Completion of a Lyra Learn module
 - Step Challenge Participant
 - Calm Health App
 - On-site Health Coach (BP & Body Composition Checks)
 - Kyrene Blood Drive (on-site Kyrene Blood Drive during school year)

Accepted documents:

- Explanation of Benefits (EOB)
- Completed Healthy Beginnings Physician form – which can be found within the portal under Wellness Healthy Beginnings

A green rectangular button with rounded corners and a white border. The text "Healthy Beginnings Preventative Physical Exam Form" is written in white, sans-serif font, centered within the button.

- Office visit notes
- **On-site Health Coach (BP & Body Composition Checks)**- Employees may earn this credit by uploading a certificate from Kyrene Health Coach, Bre Moro, showing they have met with her three (3) or more times during the school year to have their blood pressure and body composition checked. **Each check must be at least one month apart.**
- **Kyrene Blood Drive** -Employees may upload a certificate verifying they participated in the on-site Kyrene Blood Drive during the school year to earn credit for this task. To drive participation in the Kyrene on-site drives, donations from outside vendors will not be accepted to earn this credit.
- Calm Health App - screenshot proof that the Calm Health app has been downloaded on your personal computer or mobile device



- Lyra Module Completion Certificate



MyAmeriBen Wellness Healthy Beginnings Program Access

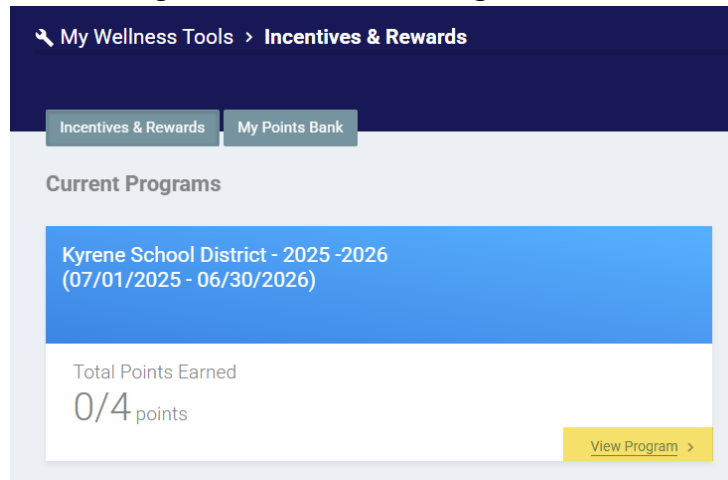
1. Go to MyAmeriBen site: <https://kyrene.myameriben.com>
2. If you do not have an account, you will need to sign up first.
3. Login into your account. If you are having challenges logging into your account, you can email us at webinquiries@ameriben.com or call AmeriBen customer care service: 855 961 5408 for assistance.
Customer Service Representatives are available to assist you. Monday - Friday. 6:00am - 6:00pm MT.
4. Go to the **Wellness Healthy Beginnings Tile**.



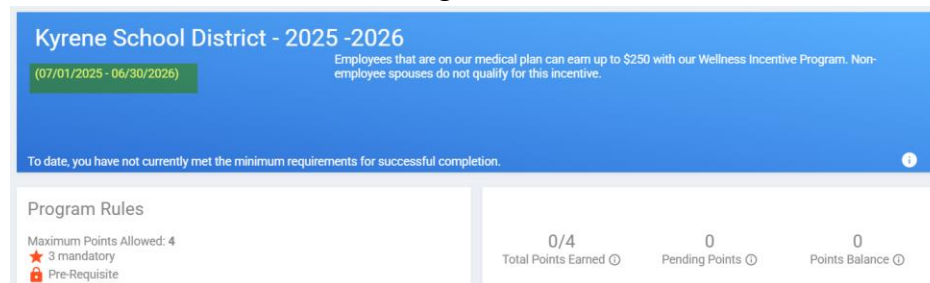
5. Click on **Healthy Beginnings Incentive Program link**.



6. Under Current Programs, click on **View Program**



7. You are now in the current Wellness Program



Wellness Incentive Categories

You will have to complete all the wellness category requirements.

	Kyrene School District Employee Confirmation (0/1) 	Must be completed PRIOR to any other of the below categories	
	★ Annual Physical Exam (0/1) 		
	★ Health Risk Assessment (0/1) 		
	★ Additional Wellness Requirements (You will need to complete 2 from the list) (0/13) 		

Program Information Specifics can be found by clicking on (i) = 

Points

Program Rules			
Maximum Points Allowed: 4	0/4	0	0
★ 3 mandatory	Total Points Earned 	Pending Points 	Points Balance 
 Pre-Requisite			

Total Points Earned: These points represent the number of points you have earned in the program that can be redeemed once all program requirements are met. Please note, until you have completed the program requirements, these points will not be considered redeemable and will not be reflected in your Points Balance.

Pending Points: These points are pending until program or opportunity requirements are met, such as completing mandatory opportunities, fulfilling the program minimum points threshold, and completing the number of required criteria for specific opportunities. Once the program requirements have been met, you will see these points reflected in your points balance.

Points Balance: These are the points you can redeem once you have met the criteria.

Icon Key:



Identifies that this category is a prerequisite. You will have to complete this prior to starting any other category.



Click on the (i) to learn more about the category requirements



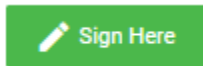
Click on the plus sign to start uploading process or learn about your status



Click on the calendar to learn about the time you must input data.



Click on the (i) to learn about the incentive category. This will tell you items accepted for the category



Read and electronically sign.



Attach the appropriate document.

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 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.

Program Completion

- **\$250 Amazon E-Gift Card from Black Hawk**

Upon AmeriBen **verifying** you have successfully completed all Wellness Requirements (Health Risk Assessment, Annual Physical Exam, and Additional Wellness Requirements), you will receive an e-card from Black Hawk. AmeriBen will use the same email address used to register for the portal. It may take up to 4 weeks for you to receive the E-Card.

The digital gift card you have will be valid for 12 months after being issued. If you find that there is still a balance remaining on the card before it expires, you can call in and request a card extension. This will allow you to use the remaining balance on the gift card and create another 12 months for you to use the card. **Email will be from Black Hawk: (Check your spam/junk folder before reaching out to the wellness or customer care team)**

E-Gift Card Example:

From: MoDOT/MSHP (CARDSERVICES@hawkmarketplace.com)
Subject: KYRENE WELLNESS REWARD

You've Received an eGift!
\$250.00



Hello [REDACTED],

Thank you for participating in the KC District's 2024 Health & Wellness challenges. Please enjoy the enclosed eGift card as a thank you for committing to your health this year!

REDEMPTION INSTRUCTIONS

1. Click the **Redeem eGift** button below or visit the redemption site by clicking this URL: **placeholder for URL**
2. Follow the onscreen instructions.

TIPS:

- Click the link above or copy and paste the address into your browser to navigate to the activation site.
- To avoid being sent to fraudulent website, do not search online for the site.

REDEEM EGIFT

You received this email from Blackhawk Network, 700 State Highway, 121 Bypass Ste.
200, Lewisville, TX, 75067