



How to obtain wellness incentive rewards¹

1. Complete your Simple Steps to a Healthier Life[®] health risk assessment.

- a. Register and log in at **Aetna.com** and select **Stay Healthy**.
- b. Under **Access your Health Dashboard** select **Complete a Health Assessment**.
- c. Answer all the questions and receive your confidential Health Score.
- d. LBUUSD's onsite Aetna representative, Nicole Weedon, will be notified within 4–6 weeks and will contact you to arrange for delivery of your \$25 gift card(s).

2. Complete one online health coaching Journey.

- e. Log in to **Aetna.com** and select **Stay Healthy**.
- f. Under **Access your Health Dashboard** select **Launch My Programs**.
- g. Select a Health Direction, then choose one of the Journeys (e.g., Sleep Well) and complete the required steps. The average time to complete a Journey is 32 days.
- h. Once you've completed your Journey, you will receive an email from Aetna Rewards with a gift certificate number that you can enter at **AetnaRewards.com**.²

¹ Wellness incentive reward supplies are limited. Only LBUUSD employees and spouses/domestic partners enrolled in an Aetna Plan qualify for a reward.

² If you do not receive an email within six weeks of completing the required Journey, please call 1-877-922-4483.



3. Get your annual preventive exam.

- a. Schedule an appointment with your physician and have a preventive exam during the current plan year (July 1, 2019 through June 30, 2020). Adult routine physicals and OB/GYN exams are both considered annual preventive exams.
- b. Call or email LBUSD's onsite Aetna representative, Nicole Weedon, and provide her with the date of your exam and name and phone number of your physician.
- c. Nicole will verify your appointment, then contact you directly within 4–6 weeks to arrange delivery of your \$50 gift card(s).

4. Get your annual flu shot.

- a. Get a flu shot from your physician (or pharmacy if you're enrolled in the Aetna Choice POSII Open Access plan), and ask them to give you a receipt.
- b. Send the receipt to LBUSD's onsite Aetna representative, Nicole Weedon.
- c. Nicole will contact you within 4–6 weeks to arrange delivery of your \$25 gift card(s).

If you have any questions or would like more information, please call or email:

Contact: Nicole Weedon,
Onsite Aetna Representative

Location: Second floor of the district office

Email: WeedonN@Aetna.com

Phone: 1-562-997-8046

5. Get a biometric screening from Quest Diagnostics.®

You can get a screening at any Quest Diagnostics locations, or download a form from their website for your physician to complete using the results of a recent lab test.

- a. Schedule and register for your screening at **My.QuestForHealth.com**. Use the registration key **lbusd** and your Aetna ID number (located on your ID card starting with W) to register. You can also call Quest Diagnostics at **1-855-623-9355** if you need assistance or have questions.
- b. Get your screening.

At a Quest Diagnostics location:

- Go to Quest on the date/time you scheduled for your screening.
- Fast for 9–12 hours before your screening. Drinking water is recommended during the fasting period.
- Be sure to take all your regularly scheduled medications as usual.

From your physician:

- Download the form from the Quest Diagnostics website, then ask your physician to complete it using the results of a recent lab test and fax it back to Quest Diagnostics.
- c. After your screening is completed (or your physician returns the form), you will receive your results online and by mail. We encourage you to discuss your results with your physician during your next visit.
 - d. LBUSD's onsite Aetna representative, Nicole Weedon, will be notified within 4–6 weeks of your screening and will contact you to arrange delivery of your \$50 gift card(s).

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