

EARN PREMIUM REWARDS EVERY MONTH!

Premium Rewards are health plan incentives for COVA Care and COVA HealthAware plan participants who complete a health assessment. An employee or their enrolled spouse **can receive an incentive of \$204 annually or \$408 annually for both employee and spouse**, if they fulfill the requirements to earn a Premium Reward during Open Enrollment.

HOW DO I EARN A REWARD?

For the plan year starting July 1, 2025, you will need to submit a health assessment as described to receive a Premium Reward.

USE YOUR OWN DEVICE: We strongly encourage participants to use their own personal devices to complete a health assessment since the user can manage limitations such as firewalls and cookies. Participants may receive an error when using a state issued computer to access the health assessment due to the system administrator's limitations.

TO EARN A REWARD BEGINNING JULY 1, 2025:

Visit your plan's website or mobile app to access your health assessment. **Complete or update your health assessment between May 16 and May 30, 2025.** Be sure to keep a copy of your confirmation.

Remember, you must be active and enrolled in COVA Care or COVA HealthAware to be eligible for a reward. Enrolled employees and spouses must register with a separate account to submit a health assessment. Employees and/or spouses enrolling for the first time in COVA Care or COVA HealthAware during Open Enrollment may have to wait until July 1, 2025 to complete a health assessment. Current COVA Care or COVA HealthAware members who may be changing their plans for July 1, 2025, will need to complete their health assessment with their current health plan administrator.

WHEN YOU MEET THE REQUIREMENT

- **Employee OR spouse participates:** You save up to \$204 annually or \$17 per month.
- **Employee AND spouse participate:** You save up to \$408 annually or a total of \$34 in premiums per month.

ACCESSING THE HEALTH ASSESSMENT

COVA CARE MEMBERS

Online

Here are links to access your COVA Care Health Assessment Navigation Guide for the [Sydney Health Mobile App](#) and the Sydney Navigation Guide.

- Log in to www.anthem.com.
- Select **My Health Dashboard** from the top navigation menu and select **Dashboard** from the dropdown menu.
- The My Health Check-in tile will display at the top. Click **Get started**.
- My Health Check-in can also be accessed from the Programs page and click **View assessment**.
- Click on the **submit** button when you have completed your assessment.
- After completing your assessment, you will be shown some custom recommendations based on your answers.
- Within the purple tile for My Health Check-in is a link for **View Completed Assessments**. This will allow you to print or email the date of your last completion of My Health Check-in assessment.
- If you have previously completed the assessment in the current calendar year, you will see the "Retake assessment" link.

Sydney Health Mobile App

- Log in to the Sydney Health app.
- From the Sydney Welcome screen, you can click on the "More" button, in the bottom right corner.
- From the Access Care menu, select **Access to care** dropdown arrow.
- From the Access Care menu, select **My Health Dashboard**.

- My Health Check-in will be at the top; Click **Get Started**.
- At the Welcome Page Click **View Assessment**.
- Once you have answered all the questions click **Submit**.
- After completing your assessment, you will be shown some custom recommendations based on your answers.
- Within the purple tile for My Health Check-in is a link for **View Completed Assessments**. This will allow you to print or email the date of your last completion of My Health Check-in assessment.
- If you have previously completed the assessment in the current calendar year, you will see the “Retake assessment” link.

For COVA Care members with literacy, language, or technological challenges, you may contact Anthem at 1-800-552-2682 for help.

COVA HEALTHAWARE MEMBERS

Online

COVA HealthAware Health Assessment Navigation Guide for the **Aetna Health Mobile App** and the **Aetna Member website**.

- Log in to your Aetna Member Website on www.aetna.com.
- Scroll down until you see “**Member Resources**” on the right side of the page and click on “**Well-being Resources**” in this section to open your Member Engagement Platform.
- Once the Member Engagement Platform opens, hover over “**My Health**” in the menu at the top and then click on “**Health Assessment**”.

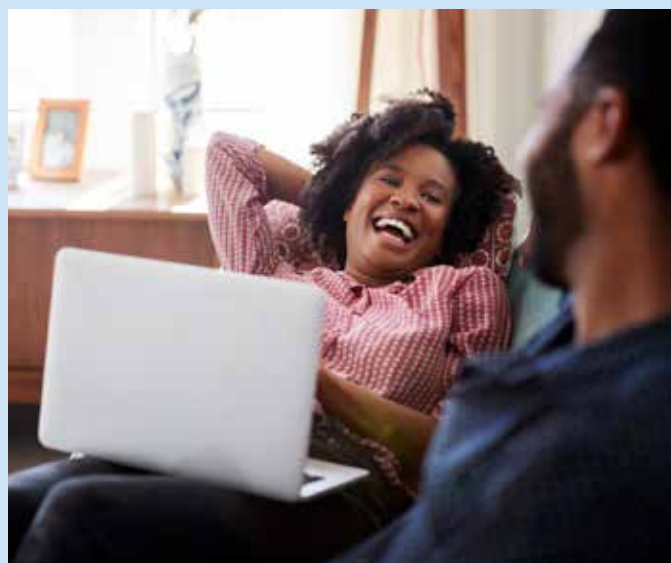
Aetna Health mobile app

- Log in to the Aetna Health mobile app.
- Select the **Improve** tab.
 - When accessing this tab for the first time, select **Get Started**.
 - When accessing this tab after the first time, select **Health Survey**.

For COVA HealthAware members with literacy, language, or technological challenges, you may contact the Aetna Concierge team at 1-855-414-1901 for help.

If you think you’ve earned a Premium Reward and haven’t received it, contact your agency Benefits Administrator. You must provide a copy of your health assessment confirmation from your plan.

The Member Engagement Platform will experience system outages from Saturday, May 17, 2025 at 4:00pm EDT until Sunday, May 18, 2025 at 12:00pm EDT. Tuesday, May 20, 2025 at 11:00pm EDT until Wednesday, May 21, 2025 at 6:00am EDT. Please plan accordingly.



PLAN AHEAD: GET YOUR WELLNESS EXAM

Premium Rewards Requirements changing for the 2026-27 Plan Year

There will be a wellness exam component added to the requirements to qualify for the Premium Reward incentive. In addition, to completing the Health Assessment, a wellness exam will be required to receive your Premium Rewards incentive starting July 1, 2026. We encourage you to have a wellness exam this year to meet the new Premium Rewards requirements. Remember, an annual/preventive wellness exam is \$0 cost to the member. Failure to get your wellness exam could result in the loss of the Premium Rewards incentive effective July 1, 2026. More details to come prior to July 1, 2026.