

## Claim your \$100 Wellness Incentive.

If you haven't already claimed your full \$100 Wellness Incentive for 2021, it's not too late. The deadline has been extended to Feb 28. If you complete one of five healthy actions, a \$100 credit will be applied towards your 2021 medical plan contributions.

Completion of a Wellness Incentive after Feb 28 will result in a pro-rated credit to your medical plan contributions. If you've already completed your Wellness Incentive for 2021, no further action is needed.

These activities qualify for the credit:

- **Get a biometric health screening:** Help detect health problems before they start. Complete at home or at a Quest Patient Service Center.
- **Participate in a volunteer activity:** Help Verizon achieve our goal of 2.5 million volunteer hours by 2025.
- **Participate in WebMD coaching:** Get paired virtually with a health coach who can help you achieve your health and wellness goals.
- **Complete a Health Assessment:** Receive a personalized report on your health and learn about steps you can take to improve it.
- **Choose a Primary Care Physician or complete an annual wellness visit:** Get the most from your health benefits, including yearly checkups, screenings and immunizations.

**Important:** If you completed a Health Assessment in 2019 or before, your \$100 credit from previous years does not carry over to this year. You'll need to complete one of the five actions to get the credit for 2021.

### What you need to do to get your \$100 credit.

Go to the [Verizon HealthZone](#), powered by WebMD and log in with your username and password. Then select Wellness Incentives in the top navigation.

If you're already a registered Verizon HealthZone user, simply log in. If you're a first-time user, you'll need to create an account with a username and password and then get going. If you haven't visited the Verizon HealthZone in a while, you may need to reset your username and password.

**Please allow up to 5 business days for your \$100 wellness credit to be reflected on your annual benefits summary.**

## **If you have questions.**

- Questions about logging in to Verizon HealthZone: Call WebMD at 855.326.5097. Select option 1 for Customer Service, then select option 0 to speak with a representative. Or view this [short video](#).
- General questions: Review the FAQs on [Verizon HealthZone](#) or send an email to the [Verizon Wellness Team](#).

## **NOTES:**

- You're eligible to claim your \$100 wellness credit once, selecting from one of the five healthy actions.
- If you chose to opt out of a Verizon medical plan for 2021, you are not eligible for the \$100 wellness credit. But you can still participate in any of the wellness activities.
- Employees in PA IBEW 1451, 1637, 635, and Verizon Federal are not eligible for the Wellness Incentive program.