

HCCSC

2023 Wellness Incentive

The HCCSC wellness incentive program will change for 2023. Annual wellness exams are essential to your ongoing health regardless of your age or stage of life. With this in mind, the 2023 wellness incentive program will offer a \$700 Health Savings Account contribution when you simply complete an annual wellness exam and biometric screening with your primary care physician*.

Incentive Activity	Timing
Annual Wellness Exam Annual wellness exams show progress on your current health journey and help prevent severe health conditions in the future.	Complete your annual wellness exam between April 1, 2022 and May 31, 2023 to receive a wellness incentive contribution to your Health Savings Account.
Biometric Screening Knowing and understanding your numbers helps you take preventive steps to ensure you stay healthy and well.	Contributions will be made in July of 2023. NOTE: In subsequent years, wellness exams will be completed between June 1 st and May 31 st for a July contribution.

Parkview will continue to provide clinic services for members the HCCSC health plan.

*If you do not have a primary care physician, please *visit* umr.com or use the mobile app and select **Find a provider**. Then enter **United Healthcare Choice Plus Network** and start your search.