



# CPChem Wellness Program 2021

CPChem wants to help you on your voyage to achieving and maintaining physical and financial well-being. By participating in the wellness program, you can earn up to **\$250** in rewards each year. Be rewarded for completing seven different wellness activities.

- Wellness check-up with your health care provider** **\$40**
- Free biometric screening at designated CPChem locations or a Quest Patient Service Center** **\$20**
- Clean nicotine/tobacco screening or three telephonic tobacco cessation coaching calls** **\$20**
- Blood pressure in normal range (<130/85) or three telephonic coaching calls to improve hypertension** **\$20**
- A1C (glucose) levels in normal range (<5.6% Hgb) or three telephonic coaching calls to improve blood sugar** **\$20**
- Complete the financial fitness entry assessment with PwC** **\$20**
- Routine dental exam and teeth cleaning** **\$10**

**Fulfill all the activities for 2021 and you'll earn a bonus \$100 for a total of \$250!** The incentives are paid as a digital gift card only once a wellness program year. You must redeem online by December 12, 2021 to receive a digital gift card. Eligible registered ActiveHealth participants who do not claim a reward by December 12, 2021 will be mailed a Visa gift card by April 2022.

BlueCross BlueShield, Aetna, Quest Diagnostics and PwC will notify our wellness provider, ActiveHealth, when you have completed the above activities — no action is required by you. **If you are not enrolled in CPChem's U.S. medical or dental plans, or if you are an active employee enrolled as a spouse or dependent, you can still get credit by e-mailing [CPCRABenefits@cpchem.com](mailto:CPCRABenefits@cpchem.com).**

## Begin Your Journey To Wellness Today!

Log on to the MyActiveHealth website to track your rewards progress, take a health assessment, find a Quest Patient Service Center for your biometric screening, and more.



[www.myactivehealth.com/cpchem](http://www.myactivehealth.com/cpchem)

<https://my.questforhealth.com>

(to register for a biometric screening at a Quest Patient Service Center on or after February 1, 2021 — use Registration Key: **CPChem** and add leading zeros to your Employee ID as needed to make it 8 digits)

[cpchem.investcloud.com](http://cpchem.investcloud.com)

(to complete the financial fitness entry assessment with PwC)



**ActiveHealth:**  
1-877-489-9398

**Quest:**  
1-855-623-9355

**PwC:**  
1-844-922-1021

