



## Be Well Rewards Guide

- [HRA LINK](#)
- (Shown Below) There is an extra activity box you can mark as complete if you participated in any other preventative screenings outside of those already listed in the original 10 activities.

<p><b>Preventative screenings as recommended by your physician:</b> may include, but are not limited to: Mammograms, PSA, Colorectal exam, Hemoglobin A1C</p>
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- If you have any physicals or screenings you completed, your EOB (Explanation of Benefits) should illustrate them.

We can accept your EOB in place of getting the authorization forms individually filled out and sent back to us. You can log into your insurance portal and access these EOBs.

- We reopened the last 5 Mindful/Wellness quizzes from the newsletters. You can complete this month's and any others to reach 5 total and check off that activity. Follow these links to each quiz:

[JUNE](#)

[JULY](#)

[AUGUST](#)

[SEPTEMBER](#)

[OCTOBER](#)