

2018

Wellness Steps

1-2-3 easy steps to big savings.

Enrolled in a CVS Health medical plan as of Feb. 1, 2018? Complete these steps between **Feb. 1 and May 1** to avoid paying an extra \$600 on your 2018-2019 medical coverage. If your covered spouse completes the steps, too, you'll avoid paying an extra \$1,200 (\$600 per individual).¹ New this year: completing the Wellness Steps will earn you 50 rewards points for Jiff sweepstakes.

Step 1

Log on to HealthConnect (Jiff)

See which Wellness Steps you need to take this year. If you haven't registered yet, download the Jiff Health Benefits app or visit app.jiff.com. Use the token CVSHEALTH to register, and verify your account using your Employee ID number.

Step 2

Get a health screening

Visit HealthConnect and follow the health screening prompts to learn more about your screening options:

- **MinuteClinic®** – Bring your CVS Health pharmacy card and your seven-digit Employee ID number. (Spouses are also required to provide your Employee ID number.)
- **Worksite Screening Event (if available)** – Registration is required and closes two and a half weeks before the event date.
- **Quest Diagnostics® Patient Service Center** – Registration is required.
- **Physician Results Form** – If none of options above is available within 10 miles of work or home, the form will display automatically in HealthConnect.

Step 3

Complete the Health Assessment

After your health screening results have posted to HealthConnect (within two weeks), complete the confidential Health Assessment on HealthConnect between **Feb. 1 and May 1**.²

¹Does not apply in Hawaii due to state requirements of the Hawaii Prepaid Health Act.

²CVS Health is fully committed to protecting your privacy. Your protected health information (PHI) will be treated in full compliance with all safeguards required by law.

Earn 50 rewards points

Complete your health screening and Health Assessment and you'll earn 50 rewards points to enter Jiff sweepstakes and win prizes.

Can I skip the screening?

You can if your screening numbers were within the healthy range in 2017. You may also be eligible to earn additional rewards points. Visit HealthConnect to see if you qualify.

