**Outcomes-Based Incentive Program Sample (Intermediate)**

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| Progressive Structure and Activities | Points |
| Year 1: 100 points needed to earn the incentive  Complete biometric screening  Complete health risk assessment (HRA) | 50  50 |
| Year 2: 100 points needed to earn the incentive  No elevated risk within biometric screening results  Participate in monthly challenge#1  Participate in monthly challenge#2  Complete age-appropriate preventative exam (e.g. mammogram, colonoscopy  Attend educational session (in-person or online) #1  Attend educational session (in-person or online) #2  Visit the gym \_\_x a month for \_\_ months  Complete annual physical with primary care physician (PCP)  Participate in fitness event (e.g. 5K, walk/run, bike event)  Complete BCBSKS HealthyOptions nurse coaching tobacco/nicotine cessation program  Complete BCBSKS HealthyOptions nurse coaching (e.g. weight management, diabetes)  Complete an approved alternative activity | 70  20  20  20  20  20  20  20  20  50  50  20 |
| Year 3: 100 points needed to earn the incentive  No elevated risk within biometric screening results  Participate in monthly challenge#1  Participate in monthly challenge#2  Participate in monthly challenge#3  Complete age-appropriate exam (e.g. mammogram, colonoscopy)  Attend educational session (in-person or online) #1  Attend educational session (in-person or online) #2  Visit the gym \_\_x a month for \_\_ months  Complete annual physical with primary care physician (PCP)  Participate in fitness event (e.g. 5K, walk/run, bike event)  Complete Weight Watchers enrollment and attendance at meetings  Complete BCBSKS HealthyOptions nurse coaching tobacco/nicotine cessation program  Complete BCBSKS HealthyOptions nurse coaching (e.g. weight management, diabetes)  Complete an approved alternative activity | 70  20  20  20  20  20  20  20  20  20  40  50  50  20 |