



Healthy Lifestyle Solutions Incentive Program

Top 10 Questions

- 1. When does the program start?** The program begins on July 1 and ends on June 30 of each school year.
- 2. How does the program work?** Participants can earn money (\$100 - \$300) for completing up to 13 health actions. The more health actions you complete, the more money you can earn. Studies have shown that certain health actions are strongly associated with a long and healthy life and a reduced risk of illness. Active employees have 12 months to complete as many health actions as possible. Each health action is worth one point with 6 health actions = \$100, 7 health actions = \$200 and 8 health actions = \$300.
- 3. Who is eligible?** You must be the primary MCSIG subscriber in the medical plan and an active employee in a MCSIG member school district to be eligible. The program is limited to the first 500 active school employees who apply. Spouses, dependents and retirees are not eligible at this time. MCSIG member district employees who have MCSIG benefits *through their spouse only* are not eligible.
- 4. How do I apply?** The application is available online. Go to www.mcsig.com and click on the Wellness link. You must submit an application to MCSIG and be approved in order to receive your award.
- 5. Will I be notified if I am approved for the program?** Yes. We will send you an e-mail letter of approval after receiving your application. All of the other forms that you need to complete the program are available online at www.mcsig.com. Click the Wellness tab on top of the page.
- 6. Will I receive cash?** Yes. We will mail you a check for the full amount after verifying your activities. You should receive the check in approximately 2-3 weeks.
- 7. How do I receive my award?** You MUST download and fax (755-0172) the Healthy Lifestyle Solutions Verification Form (www.mcsig.com) with the health actions you are claiming and other documents (smoke free pledge, personal fitness log, etc.) to the MCSIG office. You can receive your reward at any time and do not have to wait 12 months to receive your award.
- 8. How long do I have to complete my health actions?** You have 12 months (July 1 to June 30) to complete your health actions and submit your Verification Form. *We ask that you submit your verification form by May 30 to receive your check by June 30.* No payments will be processed after July 1.
- 9. Can I receive credit for a physical exam I had before the program began?** Yes, if the physical exam was performed within the last 6 months and you haven't received credit for it previously. Your physical exam must have been performed by a licensed medical doctor.
- 10. Can I reapply again after I have been awarded?** Yes, you are eligible to earn another healthy lifestyle solutions award next year. You must apply each year and receive approval.