



Claim Your Medical Premium Discount!

NEW THIS YEAR: Complete either a Biometric Screening OR an Annual Wellness Exam by **Nov. 28, 2025**, AND earn 750 points through your choice of approved wellness activities by **Dec. 1, 2025**, to receive a discount on your medical premium for the 2026 plan year.

Your biometric screening and annual wellness exam must take place between 12/2/2024 and 11/28/2025 to receive credit for the 2025 program year. To qualify for the incentive, your physician form must be submitted no later than 12/1/2025.

Medically enrolled Associates and covered spouses/domestic partners are eligible for substantial medical premium discounts. Non-medically enrolled Associates and spouses/domestic partners are encouraged to participate in the program to support their personal well-being and maximize the health and culture at Grande. All participants will be eligible for additional incentives throughout the year.

750 Points = Incentive Earned	Points Per Activity	Max Points Per Activity
Physical Wellness Activities		
Biometric Screening Completion* (Auto-awarded)	250	250
Annual Wellness Exam* (File load only)	250	250
Health Risk Assessment Questionnaire (Auto-awarded)	200	200
Meet Biometric Healthy Measures (Auto-awarded) BMI, BP, Glucose, LDL, HDL, Tobacco	35/measure met	210
Health Coaching: Grande clinic or SSM Telephonic (report on portal)	50	250
Tobacco-Free Me Coaching Program** 6 coaching calls are required to complete the program	200	200
Physical Activity Reporting 7,500 steps/day (linked fitness device) 30 active minutes/day (linked fitness device) Daily physical activity (report on portal)	3 (per day)	N/A
Grande Fitness Center Check-In (Auto-awarded)	5 (per day)	N/A
Vaccinations - Shingles, COVID-19, Flu shot, Tetanus (report on portal)	25	75
Preventative Health Exam - See example list below (report on portal)	50	200
Attend a Webinar via Microsoft Teams hosted by Asset Health coaches	25	50
Ergonomic Assessment of Workspace	10	10
Bike or walk instead of drive	5	50
Meet with a Nutrition Specialist or Dietician	25	75
Attend a Cooking Class/Workshop/Event	25	50
Financial Wellness Activities		
Meet with a Financial/Retirement Counselor (Report on portal)	50	100
"No Spend" Day	5 (per day)	100
Check Your Credit Score	15	30
View / Update Beneficiaries for 401(k) in Empower's portal	50	50
View / Update Beneficiaries for Life Insurance in UKG	50	50
Create a Monthly Budget	10	50
Attend an Empower Webinar	25	50
Review the subscriptions you are paying for	15	15
Log into the MMA portal and watch a webinar	25	25
Emotional Wellness Activities		
Self-Care Activities (Report on Portal)	5	100
Post on "Why Wall" (Auto-awarded)	10	10
Meet with an EAP/Mental Health Counselor	25 (can report once per week)	100
Complete a Community Activity (volunteering, parks and recreation, donations, etc.)	25	150
Read a Book	10	40
Sleep 7-9 Hours	5 (per day)	100
Go Device Free After Work	5 (per day)	50
Have a Massage	10	40
Mindfulness Walk	5	50
Log into your SupportLinc portal and explore resources	25	25
Portal Activities		
Wellness Challenges Completion (Auto-awarded)	50	150
Knowledge Management Course Completion	15	150
Daily Mini Challenges (Auto-awarded)	1	40
Grande Health Survey (Submit on portal)	25	25

***NEW THIS YEAR: You must complete a biometric screening OR an annual wellness exam to earn additional points toward your medical premium discount.**

****The Tobacco-Free Me Coaching program is offered, so that participants may earn additional points toward their wellness program discount. The program enrollment deadline is Nov. 1, 2025.**

List of preventative exams:

- Annual Physical
- Dental Exam
- Vision Exam
- Pap Smear
- Mammogram
- Prostate Screening
- Colonoscopy
- Cologuard
- Hearing Exam
- Skin Cancer Screening
- Other (Check with HR before submitting)

Questions?

Contact Asset Health at support@assethhealth.com. You can also contact our benefits team at benefits@grande.com or 920-952-7555.