

RULES AND GUIDELINES
FOR EARNING INCENTIVES
For the 2021 CFC, Virtual Edition

1. To earn reward cards, employees must be a direct subscriber in a County-sponsored medical plan offered through Anthem Blue Cross, Cigna, Kaiser Permanente, or UnitedHealthcare. If you are unsure of your medical plan or your enrollment status, you can access your employee benefit enrollment information at www.lacountybenefits.com or call the Employee Benefits Division at 213-388-9982, Monday – Friday, 8 am – 4 pm.
2. Participate in wellness webinars listed on the Wellness Education Tab at www.lacountygetsfit.com. This list of wellness webinars can be updated during the year.
 - a. Between July 21 and October 15, 2021, attend and engage in four hours (=240 credits) of wellness webinars to earn one \$50 reward card
 - b. Between October 16 and December 31, 2021, listen to four hours (=240 credits) of wellness webinars to earn one \$50 reward card
 - c. If an employee does not reach the four hours by October 15th, those credits will carry over into the next period. However, that employee will only be eligible for one reward card for the entire 2021 Virtual CFC.
3. Participation credit is earned when an employee (a) attends the entire duration of a webinar, (b) answers the poll questions, if offered, during the webinar, and (c) completes and submits the survey at the end of the webinar.
4. Reward cards are awarded on a first-come, first-served basis. Depending on employee participation, all reward cards may fully be distributed before the end of the 2021 Virtual CFC campaign. Therefore, they are available while supplies last. The program will give notice on www.lacountygetsfit.com if reward cards are fully distributed before December 31, 2021.
5. Reward cards are awarded through an electronic link to a website that offers many redemption options. Your email address in your account profile is the location to which the electronic link will be sent.
6. If you have any questions about the reward process, contact: support@mybenefitschannel.com.

**RULES AND GUIDELINES
FOR EARNING INCENTIVES
For Biometric Screenings and
Health Risk Assessments**

1. To earn the \$100 reward card, an employee must be a direct subscriber in a County-sponsored medical plan offered through Anthem Blue Cross, Cigna, Kaiser Permanente, or UnitedHealthcare. Dependents are not eligible. If you are unsure of your medical plan or your enrollment status, you can access your employee benefit enrollment information at www.lacountybenefits.com or call the Employee Benefits Division at **213-388-9982, Monday – Friday, 8 am – 4 pm**.
2. The 2021 brochure for this program is HERE [LINK BROCHURE] and states that employees must:
 - a. Complete their medical carrier's own online health assessment
 - b. Update and/or submit their biometric screenings
 - c. If not already completed, create an account at www.lacountygetsfit.com.
 - i. [See the DHR Wellness Incentive page](#) for the FAQ.
 - d. Confirm completion of 2021 biometrics on that website
 - i. See the [DHR Wellness Incentive page](#) for the FAQ.
3. Reward cards are awarded on a first-come, first-served basis. Depending on employee participation, all reward cards may fully be distributed before the end of the year. The program will give notice on www.lacountygetsfit.com if reward cards are fully distributed before December 31, 2021.
4. If you have any questions about the reward process, contact: support@mybenefitschannel.com.