

EARN PREMIUM REWARDS EVERY MONTH!

Premium Rewards are health plan incentives for COVA Care and COVA HealthAware plan participants who complete a health assessment and the **New Requirement**: an annual preventive visit, well-adult or well-woman exam. An employee or their enrolled spouse **can receive an incentive of \$204 annually or \$408 annually for both employee and spouse**, beginning July 1, if they fulfill both requirements to earn a Premium Reward.

HOW DO I EARN A REWARD?

To be eligible for the Premium Reward starting July 1, 2026, you must complete the following:

- 1. Enrollment:** Be active and enrolled in a COVA Care or COVA HealthAware plan.
- 2. New Requirement - Wellness Exam:** Have an annual preventative visit, well-adult or well-woman exam **completed, processed and paid**, between January 1, 2025 through May 31, 2026. The annual preventive visit, well-adult or well-woman exam must have been completed under the COVA Care and COVA HealthAware plans. The health plan administrators will send notification of this information. There is no information that you need to provide; however, keep a copy of your Explanation of Benefits (EOB) which shows that your claim has been processed and paid.
- 3. Health Assessment:** Complete the health assessment using your health plan's app or website. Complete or update your health assessment between May 1, 2026 through May 31, 2026. Be sure to keep a copy of your confirmation.
 - Enrolled employees and spouses must each register with a separate account with their health plan administrator to submit a health assessment.
 - Current COVA Care or COVA HealthAware members who may be changing their plans for July 1, 2026, will need to complete their health assessment with their current health plan administrator.
 - Employees and/or spouses enrolling for the first time in COVA Care or COVA HealthAware during Open Enrollment may have to wait until July 1, 2026 to complete a health assessment.

USE YOUR OWN DEVICE: *We strongly encourage participants to use their own personal devices to complete a health assessment since the user can manage limitations such as firewalls and cookies.*

Participants may receive an error when using a state issued computer to access the health assessment due to the system administrator's limitations.

WHAT IF YOU MISS EARNING A REWARD FOR JULY 1, 2026?

If you do not meet the requirements by May 31, 2026 you can still participate in the Premium Rewards program for July 1, 2026 through June 30, 2027, plan year. The Premium Rewards would be effective after July 1, 2026.

The incentive will only be applied once both requirements have been completed.

ACCESSING THE HEALTH ASSESSMENT

COVA CARE MEMBERS

Here are links to access your COVA Care Health Assessment Navigation Guide for the [Sydney Health Mobile App](#) and the [Anthem member portal](#).

Online

- Log in to www.anthem.com.
- Select **My Health Dashboard** from the top navigation menu and select **Dashboard** from the dropdown menu.
- The My Health Check-in tile will display at the top. Click **Get started**.
- My Health Check-in can also be accessed from the Programs page and click **View assessment**.
- Click on the **Submit** button when you have completed your assessment.
- After completing your assessment, you will be shown some custom recommendations based on your answers.
- Within the purple tile for My Health Check-in is a link for **View Completed Assessments**. This will allow you to download your last completion of My Health Check-in assessment.

- If you have previously completed the assessment in the current calendar year, you will see the “Retake assessment” link.

Sydney Health Mobile App

- Log in to the Sydney Health app.
- From the Sydney Welcome screen, you can click on the “Menu” button, in the bottom right corner.
- From the Access Care menu, select **Access to care** dropdown arrow.
- From the Access Care menu, select **My Health Dashboard**.
- My Health Check-in will be at the top; Click **Get Started**.
- At the Welcome Page Click **View Assessment**.
- Once you have answered all the questions click **Submit**.
- After completing your assessment, you will be shown some custom recommendations based on your answers.
- Within the purple tile for My Health Check-in is a link for **View Completed Assessments**. This will allow you to download of your last completion of My Health Check-in assessment.
- If you have previously completed the assessment in the current calendar year, you will see the “Retake assessment” link.

For COVA Care members with literacy, language, or technological challenges, you may contact Anthem at 1-800-552-2682 for help.

COVA HEALTHAWARE MEMBERS

Here are links to access your COVA HealthAware Health Assessment Navigation Guide for the [MyActiveHealth Mobile App](#) and the [Aetna Member Website](#). Please refer to these guides for step-by-step instructions for how to access and complete your health assessment, and how to take a screenshot of your health assessment’s completion date for your records.

ACCESSING FROM YOUR AETNA MEMBER WEBSITE

Please note: The Aetna Health Your Way platform will experience a system outage from Saturday, May 16, 2026 at 4:00 PM until Sunday, May 17, 2026 at 12:00 PM and Tuesday, May 19, 2026 at 11:00 PM until Wednesday, May 20, 2026 at 6:00 AM. Please plan accordingly.

- Log in to your Aetna Member Website on www.aetna.com
- Scroll down until you see “Member Resources” on the right side of the page and click on “Aetna Health Your Way” in this section
- First time logging in:
 - Enter your information when prompted and accept the Terms and Conditions.
 - You will be automatically prompted to begin your health assessment. Click on “Update my Health Assessment” to begin your assessment.
- After the first time logging in:
 - Click “My Profile”.
 - Click on your “MyHealth100 Score” next to your profile picture.
 - Scroll down and click on the “Health Assessment” button.

ACCESSING FROM YOUR MYACTIVEHEALTH MOBILE APP

(refer to the MyActiveHealth Mobile App guide for a link/QR code to download the app):

- Log in to the MyActiveHealth mobile app.
- First time logging in:
 - Enter your information when prompted and accept the Terms and Conditions.
 - You will be automatically prompted to begin your health assessment. Click on “Update my Health Assessment” to begin your assessment.
- After the first time logging in:
 - Tap on the “Profile” tab.
 - Tap on your “MyHealth100 Score” next to your profile picture.
 - Scroll down and click on the “Health Assessment” button.

For COVA HealthAware members with literacy, language, or technological challenges, you may contact the Aetna Concierge team at 1-855-414-1901 for help.