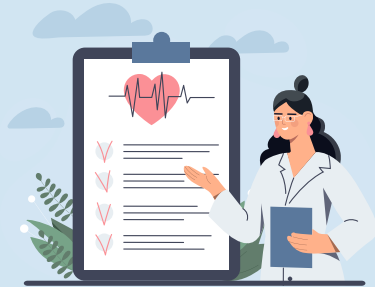


# SMP Wellness Program

## Drive Your Health Forward

SMP partners with Anthem to provide you a comprehensive wellness program if you are enrolled in an SMP-sponsored medical plan. Every year, SMP requires that you take specific action toward your health and wellness. Log into [www.anthem.com](http://www.anthem.com) or access the Sydney app. Then, go to My Rewards.



## Take Action in 2024!

You and your spouse covered under our medical plan are required to take the following steps by October 15th, 2024 in order to avoid an increase in premium in 2025 (for those hired after July 15th, 2024, you do not have to complete):

### 1. Required activities

Complete the following:

- Health Risk Assessment on Anthem.com or Sydney app
- Annual Preventive Exam (claims)
- Biometrics (self-reported on Anthem.com or Sydney app)

### 2. Then, choose one of the following, which is claims-based:

- Well woman exam
- COVID vaccine
- Flu shot
- Mammogram
- Colorectal
- Prostate
- Skin cancer screening
- Kidney screening

Take care of yourself, and we'll take care of you too!

*\*Dates of service can be between October 16, 2023 and October 15, 2024.*

*\*\*Our medical plan allows for one annual physical per year; it does not require 12 months between appointments.*

