

## Standard Motor Products – 2024 Wellness Program

All employees, including spouses (*if applicable*) who are enrolled in one of SMP-sponsored medical plans, must **individually** complete the yearly wellness program through **Anthem.com** or the **Sydney App** from **separate** accounts before **October 15<sup>th</sup> 2024**.

To be fully compliant with the Wellness Program, you must complete all **4 activities**. Failure to meet the deadline will result in a premium increase of **\$600** the following year.

**Please note:** *Employees hired after July 15<sup>th</sup> 2024, do not have to complete the Wellness Program.*

### 1) Required activities:

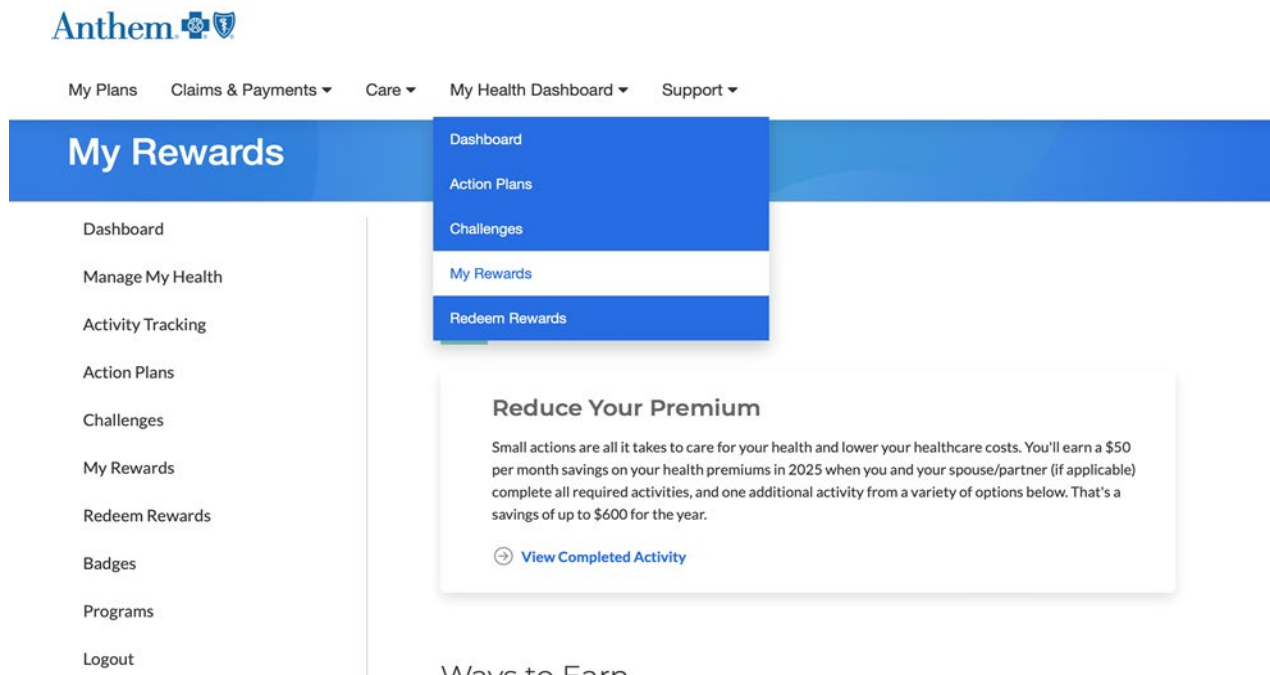
- Health Risk Assessment (Self-reported)
- Annual Preventive Exam (Claims based)
- Biometrics (Self-reported)

### 2) Then choose one of the following (*claims based*):

- Well woman exam
- Flu or Covid Vaccine
- Cancer Screenings: Colonoscopy, Mammogram, Pap test, Kidney, PSA, Skin Cancer.

## Accessing the Wellness Program

- Log into Anthem.com or the Sydney App, go to **My Health Dashboard** and select “**My Rewards**”.



The screenshot shows the Anthem website's navigation bar with links for My Plans, Claims & Payments, Care, My Health Dashboard, and Support. Below this is a blue header for 'My Rewards'. A dropdown menu is open, showing options for Dashboard, Action Plans, Challenges, My Rewards (highlighted), and Redeem Rewards. On the left, a sidebar lists various health management options. The main content area features a 'Reduce Your Premium' promotion, stating that users can earn a \$50 per month savings on their health premiums in 2025 by completing all required activities and one additional activity from a variety of options. A link to 'View Completed Activity' is provided.


- Complete **both** the **Health Assessment** and your **Annual Wellness Exam**.

**REQUIRED TO BEGIN EARNING REWARDS**

### Health Profile and Wellness Exam


Complete both of the following to earn this reward:

<h4>Health Profile</h4> <p>Receive a reward for completing your Health Profile by answering questions about your overall health, medical history, diet and exercise. <a href="#">Go to Assessment</a></p>	<b>AND</b>	<h4>Wellness Exam</h4> <p>Receive a reward for completing your annual wellness or well woman. exam. Your reward is credited once your claim is processed.</p>
---	------------	---

 [Medical Waiver Option](#)

*\*Please note date of service can be between October 16<sup>th</sup> 2023 and October 15<sup>th</sup> 2024. Our medical plan allows for one annual physical per year and it does not require 12 months in between appointments.*

- Click on **Certify Completion** to complete your Biometric Screening.



### Certify Completion for Biometric Data

You deserve recognition for taking control of your health. To encourage you to keep it up, your employer wants to reward you for your achievement. To earn your reward, simply fill in the below information.

Visit Date

Provider Name

By selecting Submit, I affirm that the information entered is true and accurate.

[Submit](#)

- Complete **one** of the following additional activities.

**Mammogram**  
Earn a reward for completing a mammogram. Members age 40-75 should get screened periodically at a doctor's recommendation, depending on age and risk.

[Medical Waiver Option](#)

---

**Colorectal Cancer Screening**  
Earn a reward for completing a colorectal cancer screening. Members age 45-75 should get screened periodically at a doctor's recommendation, depending on age and risk.

[Medical Waiver Option](#)

---

**Prostate Exam**  
Receive a reward for completing your prostate exam. Members age 55-69 should get screened periodically at a doctor's recommendation, depending on age and risk.

[Medical Waiver Option](#)

**Skin Cancer Screening**  
Earn rewards for getting annual skin cancer checks. Talk to your doctor about more frequent visits based on risk factors like age, skin type and skin cancer history.

[Medical Waiver Option](#)

---

**Diabetic Kidney Screening**  
Receive a reward for completing your annual kidney screening.

---

**Lung Cancer Screening**  
Receive a reward for getting your lung cancer screening.

**Other Vaccines**  
Get 1 of the following 9 vaccines to earn this reward:

- Covid Vaccine
- Diphtheria
- Flu Shot
- Human Papillomavirus
- Pneumococcal
- Tetnus
- Measles, Mumps, Rubella (MMR)
- Zoster Recombinant (Shingles)
- Zoster Varicella (Chicken Pox)

[Medical Waiver Option](#)

***\*Once all 4 activities are completed, you will be considered fully compliant with the Wellness Program.***