

2020 - 2021 Wellness Incentive

Alternative Options for 2019-2020 Wellness Incentive

Restrictions on wellness exam appointments in doctor's offices across the country have resulted in the expansion of options to earn the \$150 incentive benefit previously offered exclusively for the completion of the wellness exam.

Five additional options are available during this wellness cycle only.

Alternate options:

1. Complete or update end of life documents
2. Host a sharing circle to discuss making your end of life wishes known with your family and loved ones (Recommended resource: *Living Thoughtfully, Dying Well: A Doctor Explains How To Make Death a Natural Part of Life*, by Glen Miller, MD. Complementary books available by request from The Corinthian Plan Director)
3. Participate in regular (i.e. monthly) check-ins with a spiritual director
4. Complete the Share Care Real Age test. (Note: need to create a Share Care account to participate.)
5. Introduce the MCUSA Congregational Well-being Checklist to your congregation's ministry leadership team and/or the pastor support committee, and encourage the completion of the process by the congregation. (Follow link provided here, then click on *congregations cultivating pastor well-being* to download the checklist).

To claim your \$150 benefit, complete the **Self-report form for alternative options to the wellness exam** form and submit (postmarked) to Everence by the end of February.

Traditional option, for those with access:

1. Complete wellness exam with your medical provider. A Tip sheet for participation is available. (Submit Routine Wellness Exam Incentive Authorization form to Everence by end of February).

