



CENTRAL VALLEY AG

WELLNESS PROGRAM 2025

Announcing the CVA 2025 Wellness Program

The goal for the 2025 CVA Wellness Program is to build on the wellness accomplishments achieved thus far, while at the same time, simplifying the process to encourage 100 percent participation of those enrolled in CVA's group health plan.

2025 Wellness Program Details

CVA is committed to helping you, our most valuable resource, as well as your spouse (if applicable) in achieving your best health possible! Because we feel so strongly about helping you identify and manage health risks, we will again offer an incentive that rewards you for participating in the wellness program. Follow the instructions in the box below to participate.

Please note that participating in the CVA Wellness Program is voluntary. You are not required to participate. If you choose to participate, both you and your spouse (if applicable) must participate to earn the incentive.

For the 2025 plan year, Wellmark has included coverage for common preventative lab work. If you receive a bill for lab work, it is important for you to contact ABC Benefits for reprocessing at 1.800.747.4421.

Obtain an Annual Preventative Routine Physical via your Personal Physician *if enrolled in a CVA group health plan*

- You and your spouse (if applicable) complete an annual preventative routine physical and one of the blood tests listed below with your personal physician. Preventative lab work is a requirement of the Wellness Program. Select a minimum of one from the following list:
 - Complete Blood Count (CBC)
 - Comprehensive Metabolic Panel (CMP)
 - Thyroid (TSH)
 - Glucose testing
 - Lipid Panel (currently covered as preventive if the member is over 40 yr)
- Physicals must be completed between January 1 and October 15, 2024.
- Earn a flat \$50/month wellness incentive (single plan) OR \$100/month incentive for both you and your spouse (if they are on your plan) toward your 2025 health insurance contribution effective January 1, 2025.
- Both you AND your spouse (if applicable) MUST complete the physical and one of the listed blood tests to earn the \$100 incentive. If only one person completes the physical and blood test, the \$100 incentive will not be applied.

IMPORTANT NOTE: Once it is signed, please send it to CVA by email to wellness@cvacoop.com or through regular mail (CVA, Attn: Talent, 2803 Nebraska Ave, York NE 68467) as proof of completed physical. More information can be found on the Wellness Exam Form.

TAKE ADVANTAGE OF WELLNESS EDUCATIONAL OPPORTUNITIES & RESOURCES

In addition to the physical, we encourage you to take advantage of the many health and wellness resources available to you.

Huge selection of health and wellness resources available via the Wellmark Wellness Center | mywellmark.com

- Disease-specific educational options
- Personal health risk assessment
- Resources to help you quit tobacco use and lose weight
- Current articles based on your particular health interests
- Health quizzes and calculators
- Be-Well 24/7: Health advocacy, nurse line and care navigation
- Blue 365: Health and well-being discounts

Resources via the Best Care Employee Assistance Program | BestCareEAP.org

- Counseling services
- Legal and financial services
- On-demand webinars and articles on a variety of topics

Health-related videos via the CVA LMS | training.cvacoop.com

Learn more at
www.benefitscva.com

Questions?
Contact the Talent Team