

2025 Wellness Activity List | Earn up to \$500 in gift cards for completing wellness activities.

Activity	Dollars Available
PREVENTIVE CARE	
Annual Physical	\$200
Cancer Screenings	\$50/screening
Eye Exam	\$50
Dental Exam & Cleaning	\$50
Vaccines	\$25/vaccine (max. \$100)
ANTHEM	
Anthem's Building Healthy Families Program	\$15/assessment (max. \$45)
Anthem's Total Health Total You Resources	\$10/session (max. \$50)
Participate in a Diabetes Prevention Program (DPP)	\$25/milestone (max. \$100)
Participate in the 9amHealth Diabetes Program	\$25/engagement (max. \$100)
BUILD YOUR KNOWLEDGE	
ActiveHealth Portal Scavenger Hunt	\$5
Invest In Your Health Website Scavenger Hunt	\$5
Optum EAP Website Scavenger Hunt	\$5

Activity	Dollars Available
ACTIVEHEALTH	
Health Assessment	\$25
Individual Coaching	\$20/session (max. \$100)
Group Coaching	\$5/session (max. \$25)
Commit to Quit Tobacco Coaching	\$100
Earn 3,000 Hearts (Level 3)	\$10
Physical Activity Tracking	\$15/30 days (max. \$180)
Team Challenges	\$10/challenge (max. \$40)
Wellness Learning Activities	\$5/event (max. \$10)
Wellness Webinars	\$5/webinar (max. \$25)
5K, Exercise Class, or Sports League	\$10
Build a Healthy Habit	\$10
Mental Health Check-Ins	\$5/month (max. \$60)
Health Assessment Battle	\$25
Challenge Bonus	\$25/bonus (max. \$100)



Get the full details on requirements for completing each activity in the ActiveHealth Rewards Center! on.in.gov/GetRewards