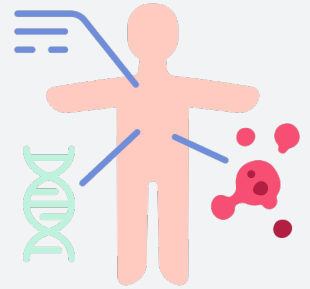


HOW TO EARN YOUR WELLNESS INCENTIVE

Choose between the [traditional screening/weigh-in](#) or play an [online health education game](#). The choice is yours.

Select the **SCREENING/WEIGH-IN** if:

- You haven't seen your doctor in the last 24 months, nor intend to in the next 6 months.
- You are over 35 (male) or 45 (female) and have been told you have significant risk factors.
- You believe you may have undiagnosed chronic disease (for example, one parent died of chronic disease before age 60).
- You are very concerned about your weight.
- You want to "know your numbers."



Play the **GAME** if:



You feel you might learn something from short, multiple choice quizzes about health and healthcare. You will need to complete 4 quizzes to receive credit. **Topics include:**

Diabetes

How much do you know about the #1 chronic disease of all time?

Surprising Hazards of the Medical System

What common surgery do 99% of surgeons admit they themselves would never undergo?

Opioids

How many painkiller pills can you take before they start becoming addictive?

Women's Health

Are pelvic exams useful?

COVID

Myths and facts about the disease and vaccine.

Fats, Salt, Sugar, Eggs

What the biggest nutritional no-no's...and what can you indulge in guilt-free?

Your Health Benefit

What's the difference between a co-pay and co-insurance?

Health Insights for Ages 50+

Can shingles be avoided?

Unsure of which one to choose?

You can start by playing the game, but switch to the screening if you feel that you're not learning anything.

Quizzify



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All Quizzify content is reviewed by physicians at Harvard Medical School.