

IMPORTANT DEADLINE FOR

VERIZON MEMBERS

Don't miss out: Earn your \$100 credit by Dec 1.

Don't miss out on your opportunity to earn a full \$100 credit on your 2021 medical plan contributions. All you need to do is complete one of the five healthy actions below by the Dec 1 deadline.

- **Get a biometric screening** either at home or at a Quest Patient Service Center. If you've already ordered the at-home kit, now's the time to return it. To schedule, go to [My Health Vault](#) on WellConnect and click on the left column to sign in to Quest.
- **Participate in a volunteer activity** in your local community. Visit the [Verizon Volunteer Portal](#) to get ideas, or choose a volunteer activity that's important to you.
- **Participate in WebMD Coaching** to start an achievable plan created by an expert coach.
- **Complete a WebMD Health Assessment** in a few minutes online and learn how to improve your health. If you've previously taken a Health Assessment, you'll need to either complete a new one or complete one of the four other healthy actions.
- **Choose a Primary Care Physician or complete an annual wellness visit** to get the most from your health benefits, including yearly checkups, screenings and immunizations. If you already have a PCP, then you can complete an annual wellness visit with your healthcare provider.

To get started, go to the [Verizon HealthZone](#) and log in with your username and password. Then select Wellness Incentives in the top navigation. If you need help resetting your username and password, contact WebMD Customer Service at 1.855.326.5097. Select option 1 for Customer Service, then press 0 to speak with a representative.

If you have questions, please contact the [Verizon Wellness Team](#).