



Wellness Rewards Program

Standard Option

You and your enrolled spouse can each earn up to \$150 by completing eligible health activities throughout the year in 2027!



Eligible Reward Activities

- Register for myCompass or confirm your contact information (25 points)
- Complete an Online Clinical Health Risk Assessment (CHRA) (50 points)
- Get your annual routine preventive care exam (75 points)
- Get your biometric screening (50 points)
- Meet health targets for blood pressure & A1C (25 points)
- Receive certain preventive care screenings (75 points)
- Get an annual flu shot (25 points)
- Participate in Compass Rose Living Well or Maternity Program (75 points)
- Complete the Tobacco Cessation Program (75 points)
- Use the UMR Health Cost Estimator or Optum Rx Drug Pricing Tool (25 points)
- Complete an Action Plan in the UMR Activity Center (25 points)

Every reward point is worth \$1. For instructions on how to complete these health activities, visit compassrosebenefits.com/Rewards.

How Rewards Are Applied¹

Actively employed members: Rewards are applied to your in-network deductible the following plan year.

Retired members: Rewards are deposited into a Retiree Reimbursement Account (RRA) for use in the following plan year.

Getting Started

You'll need to opt in to activate your rewards. Starting January 1, 2027, you can sign in at member.compassrosebenefits.com and navigate to Wellness Rewards to get started.



You must be a primary member or spouse enrolled in the Standard or High Option Compass Rose Health Plan to participate in the Wellness Rewards Program. Reward activities and amounts vary by plan option. You must opt in each year to begin earning reward points.

Earned rewards apply to the following calendar year, as long as you remain enrolled in the Standard Option Plan. If you enroll in another plan option, your reward points will not carry over.