



2024/25 REEP Wellness Program Overview

Participate in the 2024/25 REEP Wellness Program to Incentivize and Optimize Your Health!

REEP continues to offer a streamlined program with wellness offerings for both Anthem Blue Cross and Kaiser Permanente medical plan members this year.

2024/25 REEP Wellness Program Overview

REEP continues to offer digital lifestyle change programs that focus on pre-diabetes, pre-hypertension, diabetes, hypertension and joint and muscle health management provided through **Omada Health**.

- REEP will cover the entire cost of the program if you or your spouse, domestic partner, or adult dependent aged 18 and older are enrolled in a REEP Anthem Blue Cross or Kaiser Permanente medical plan, and apply, qualify, and meet the eligibility requirements.
- All eligible individuals who apply will be entered into a monthly **\$100 Amazon e-gift card** drawing sponsored by REEP.
- All Omada program participants will receive free smart devices such as a wireless smart scale, cellular glucometer, cellular blood pressure monitor, glucose monitors, or a MSK kit.
- Please refer to the Omada program flyers for more information.

Two (2) **online wellness challenges** provided through Health Enhancement Systems (HES) to motivate healthy behaviors across all REEP Anthem Blue Cross and Kaiser Permanente medical plan members.

- Wellness program district coordinators will help determine challenge themes.
- Incentives will be provided to promote member enrollment and engagement.
- Incentivized participation competitions will be held among school districts.

We are accepting applications for those interested in the **REEP Wellness Program District Coordinators Group**. The group provides coordinators with more involvement in making decisions for the wellness program offerings. Interested? Contact Vanessa Torres, at vtorres@keen.com.

