




# Wellness Incentive Program

More than \$10,000 in cash prizes<sup>1</sup>

San Diego Public Employee Benefit Association (SDPEBA) offers a points-based wellness incentive program to support you in achieving your best health, your way!

When you earn	You get a chance to win
<b>50 Points</b>	 <b>\$50 e-gift card</b> (15 available each month)
<b>100 Points</b>	 <b>\$100 e-gift card</b> (5 available at midyear)
<b>200 Points</b>	 <b>\$200 e-gift card</b> (5 available at the end of the plan year)

## Getting started is as easy as 1-2-3

- 1 Join**  
 Sign up for Best Health at [sdpeba.yourbesthealth.com](http://sdpeba.yourbesthealth.com) today.
- 2 Participate**  
 Log in and choose which healthy activities you'd like to participate in.
- 3 Earn Points**  
 Complete your healthy activities to earn points, and get a chance to win an e-gift card!

## For more information

Contact SDPEBA at 1-888-315-8027 to learn more.

<sup>1</sup> The Best Health program is open to all City of San Diego employees with a maximum of two reward cards per plan year. The plan year is August through the following July (and then the raffles reset).

