

**2022 RULES AND GUIDELINES  
FOR EARNING INCENTIVES  
For Biometric Screenings and  
Health Risk Assessments**

1. To earn the \$100 reward card, an employee must be a direct subscriber in a County-sponsored medical plan offered through Anthem Blue Cross, Cigna, Kaiser Permanente, or UnitedHealthcare. Dependents are not eligible. If you are unsure of your medical plan or your enrollment status, you can access your employee benefit enrollment information at [www.mylacountybenefits.com](http://www.mylacountybenefits.com) or call the Employee Benefits Division at **213-388-9982**, Monday – Friday, 8 am – 4 pm.
2. The 2022 brochure for this program (see [DHR Wellness Incentive Page](#)) states that employees must:
  - a. Complete their medical carrier’s own online health assessment
  - b. Update and/or submit their biometric screenings
  - c. Create an account at [www.lacountygetsfit.com](http://www.lacountygetsfit.com).
    - i. See the [DHR Wellness Incentive Page](#) for the FAQs
    - ii. It is not necessary to create a new account if one was already created in a prior year
  - d. Confirm completion of 2022 biometrics on that website
    - i. See the [DHR Wellness Incentive Page](#) for the FAQs
3. Reward cards are awarded **on a first-come, first-served basis** while supplies last. **An employee could complete all the requirements, but still not receive an award if all reward cards have been exhausted.**
4. If you have any questions about the reward process, contact: [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com).