

COMMISSIONERS CORNER



Sandusky County, Ohio

May 2024

LIGHT OF HOPE EVENT

Commissioners Miller, Schwochow and Zimmerman attended the Light of Hope event revitalized by the Child Abuse Prevention Committee on April 18th. Many children, supporters and county employees marched to the Courthouse to show their support.

The Fremont Choir performed as well as the Stricker Preschool little ones. The children sang This Little Light of Mine in hopes of shining light on the need to prevent abuse and neglect in our county.

Director, Melanie Allen, thanked their additional contributing

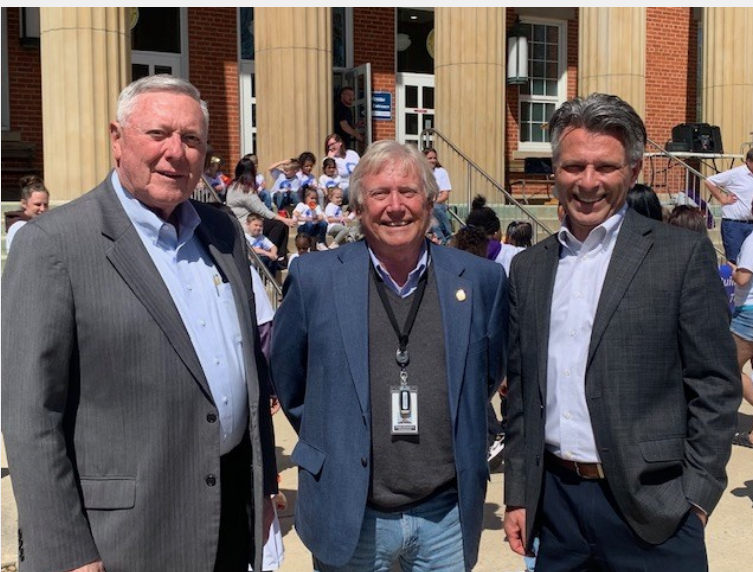
partners for the event: GLCAP, CASA, Fiegl Law Office, Family Children First Council, Kroger, and Countryside Veterinary Clinic.

Fremont City Schools Superintendent, Jon Detwiler, noted that 813 children involved in abuse/neglect investigations would encompass every single student enrolled in Fremont City Schools' kindergarten, 1st, 2nd, 3rd and 4th grade classes combined. This is a poignant reminder of the sheer volume this number encompasses.

IF YOU SEE SOMETHING, SAY SOMETHING.



Speakers pictured above left to right: JFS Director-Melanie Allen, Juvenile Court Judge-Brad Smith, Fremont City Schools Superintendent-Jon Detwiler and County Commissioner-Russ Zimmerman. All of the speakers highlighted the need to stay vigilant and if you see something, say something.



Pictured Above: Commissioner Zimmerman, Schwochow & Miller.



GOVERNOR DEWINE'S STATE OF THE STATE ADDRESS

The Northwest Treatment Foster Care Team was invited to attend Governor DeWine's State of the State address on April 10th at the State House with their Department of Children and Youth Director, Jenni Zaika.

Our Department of Job & Family Services Director, Melanie Allen along with the Directors from Ottawa and Seneca Counties also attended.

Governor DeWine addressed his continued interest in children services transformation.

At the beginning of his address, he stated "Kids have only one chance to grow up, so we must have a great sense of urgency, as every moment we waste is a moment they lose." He also stated "The single most important thing we can do for Ohio's future is to ensure all Ohio children have the opportunity to live up to their full God-given potential."

Many other worthwhile topics were addressed, including the creation of the Children's Vision Strike Force, who will work with vision care professionals "in every corner of Ohio to scale proven models that bring comprehensive follow-up exams directly to schools."

He also addressed directing the Department of Education to create a principal apprenticeship program, requesting the legislature "to make a very simple fix in statute to insert career planning into existing graduation plan requirements so that every Ohio student leaves school on a career pathway", a commitment to ensure that "no Ohio child who wants career tech is ever shut out because there simply is not room for them", as well as health care and urgent issues facing Ohioans.

I encourage you to Google Mike DeWine's 2024 State of the State Address to hear the address in it's entirety.



Pictured Left to Right: Stephanie Kowal, Director, Ottawa County Joby & Family Services; Jenni Zaika, Northwest Treatment Foster Care Collaborative Program Lead, Sandusky County JFS; Governor DeWine, Fran DeWine; Melanie Allen, Director, Sandusky County JFS; and Kathy Oliver, Director, Seneca County JFS.

The Governor recognized an innovative model program in Sandusky, Wyandot, Seneca and Ottawa counties that is licensing foster families who are equipped to support youth with complex behavioral health needs in their homes. The Northwest Treatment Foster Care Collaborative has not only kept kids in homes rather than in residential group care, but it has saved taxpayers half a million dollars so far.

With the Governor's support, this model will be extended to other regions of the state through an exciting pilot program, allowing more children the opportunity to remain in a home with a family instead of being placed in residential group settings. We are grateful for the Governor's leadership in funding the pilot program.



Pictured Left to Right: Kara Wentz, DCY Director; Stephanie Kowal, Ottawa County Director; Kathy Oliver, Seneca County Director; Melanie Allen, Sandusky County Director; Jenni Zaika, NTFCC Program Lead; and Laura Abu-Absi, JFSOA Executive Director.

ALL-ABILITIES PLAYGROUND AT ROBERT PETERS PARK

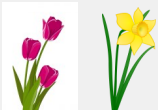
In February 2024, the Sandusky County Board of Developmental Disabilities (SCBDD) announced its successful bid for \$517,000 in grant funding as part of the American Rescue Plan Act (ARPA). This funding was approved after Ohio Governor Mike DeWine and disabilities department Director, Kim Hauck, revealed a \$14.9 million allocation of ARPA funds to 67 counties in Ohio, emphasizing the importance of creating opportunities for individuals with developmental disabilities.

SCBDD's share of the funds will be allocated to three impactful local projects designed to foster inclusivity and support, including \$200,000 for Phase 2 of the playground project at Robert Peters Park in Bellevue, Ohio.

SCBDD Superintendent, Sarah Zimmerman, expressed enthusiasm about the impact of these projects,

sharing, "This is a fabulous investment in the lives of local individuals with disabilities and their families. Each of these initiatives will have a positive impact on the health and welfare of local families. From the Restroom Trailer which will provide accessible restrooms and changing areas at large community events, to an "all-abilities" playground in Bellevue, and the expansion of the Village House for families in transition. These investments foster a more inclusive community."

Zimmerman was joined by colleagues including Superintendents from Huron County, Kari Smith, Erie County, Carrie Beier, and Seneca County, Lew Hurst, on April 3rd for the All-Abilities Playground Dedication at Robert Peters Park in Bellevue.



YARD CLEAN-UP TIPS



- It's a good idea to delay your garden clean-up until the temperatures reach 50° consistently.
- Clear the area by removing any weeds, grass, stones or debris from the area where you plan to plant your garden or flower beds.
- Till or turn the soil loosening about 12 to 14 inches deep.
- It's a good idea to test your soil for pH and nutrient levels.
- The best time to prune trees runs from late winter to early spring. This allows fresh wounds to seal as new growth emerges.

Not all plants are created equal, so follow this handy pruning guide:

- **Ornamental Grasses:** Snip as close to the ground as possible.
- **Semi-Woody Perennials:** Cut back butterfly bushes and Russian sage to about 4 inches tall.
- **Flowering Trees:** Before roses and hydrangeas fully bloom, remove dead, damaged, or crowded stems, and shape or cut back as desired.
- **Broad-leaved Evergreens:** Prune any injured foliage, but wait until early summer to hedge.



SANDUSKY COUNTY CHAMBER OF COMMERCE BUSINESS AFTER HOURS

Commissioners Miller and Zimmerman attended the Chamber's Business After Hours event on April 11th hosted by Great Lakes Community Action Partnership.

Members had the opportunity to tour the GLCAP's facility and learn about the various programs they offer our community. These events are a wonderful way to build connections and strengthen community ties..



Pictured Left to Right: Alex Boroff, GLCAP Public Relations Director and Ruthann House, GLCAP President/CEO.



Pictured Left to Right: Ruthann House, GLCAP President/CEO, Commissioner Zimmerman and Commissioner Miller.

FOSTER CARE AWARENESS MONTH

May is National Foster Care Awareness Month. This is a time to raise awareness of the current need for foster parents. With over 300,000 children in foster care in the United States, there is a critical need for foster parents and loving homes. **Please see the attached Foster Parent Recruitment Event flyer.**

This month is also a time to recognize foster parents everywhere and those supporting children to heal and grow. Foster parents do much more than give a child a home. They're advocates, teachers, and family to the children they care for.

National Foster Care Month is an important opportunity to spread the word about the needs of the more than 300,000 children and young people in foster care.

This year's theme "Engaging Youth. Building Supports. Strengthening Opportunities" shines a light on how we can best support young people and help them successfully transition out of foster care, especially without the appropriate support.

Giving young people the resources they need to succeed as adults begins during their time in care. It is crucial that we use that time to engage young people in case planning, help them build and nurture important relationships, and gain equitable access to the opportunities that all young people deserve.

342,981

In 2023 there were 342,981 children in foster care across the United States.

20,000

Each year there are nearly 20,000 youth that transition out of foster care services without a permanent home.

186,721

In 2023 there were 186,721 licensed foster homes in the United States.

MEET YOUR NEW COLLEAGUES



Clarissa McDermitt
Board of DD



Persephanie Lewellen
Health Dept



Lydia Bruno
Health Dept



McKenna Waggoner
DJFS



Bethany Buehler
DJFS



Rhonda Fitzgerald
Common Pleas

SPECIAL MAY WEEKLY EVENTS



- 1st full week of May - Be Kind to Animals Week & Nurse's Week
- 2nd week of May - Wildflower Week
- 3rd week of May - National Police Week & National Bike Week
- 4th week of May - Emergency Medical Service (EMS) Week



419 PEST CONTROL GRAND OPENING & RIBBON CUTTING CEREMONY



Commissioners Miller and Zimmerman attended the ribbon cutting ceremony for 419 Pest Control on April 15th at their new location at 600 W. State Street, Suite B, Fremont.

419 Pest Control is family owned and operated with over fifteen years of experience. The owner, Matt Austin, and his team serves Sandusky, Seneca and surrounding counties, both residential and commercial properties with fast and professional service at competitive prices.

Call for same day or next day appointments at 419-208-6949. All new business is welcome.





WELLNESS PROGRAM



You can earn up to \$200 by completing the activities listed on the CEBCO Rewards 200 chart for completing Preventative Care screenings, Condition Management Programs and Digital & Wellness activities.

Download the Sydney App to navigate your wellness experience and track your challenges, incentives and rewards.

The CEBCO Well-Being Solutions Flyer is attached. This flyer along with the How to Navigate Your Wellness Experience in Sydney PowerPoint presentation was e-mailed to all employees on April 4th by HR Specialist, Ian Cantu.



Preventive care: Visit your doctor for any of the screenings or appointments listed in the chart. Your rewards are added to your account after your claim is processed, which may take up to 60 days.



Condition management: Rewards are added to your account as you meet certain benchmarks or complete a program. Programs include ConditionCare (for asthma, diabetes, and heart or lung conditions) and Building Healthy Families.



Digital and wellness activities: Log in to the Sydney Health app or anthem.com to complete available activities, such as taking a health assessment, completing any of the action plans, and tracking your steps. Rewards are added to your account as activities are completed.



EAP BENEFITS

Our CEBCO Account Specialist wants to remind our full-time and part-time employees about the often forgotten EAP benefits available to them and their household members.

This benefit is provided through ComPsych at not cost to full-time and part-time employees and their household members. They also offer telephonic legal services, telephonic financial counseling and concierge services to assist with such services as finding child care, elder care and large purchase research.

Their highly trained Guidance Consultants will listen to your concerns and refer you to in-person counseling and other resources for stress, anxiety and depression; relationship/marital conflicts; problems with children; job pressures; grief and loss or substance abuse. Employees are permitted five (5) visits per reason the member is seeking counseling.

You can speak by phone with their Certified Public Accountants and Certified Financial Planners regarding a wide range of issues, such as getting out of debt, credit card or loan problems, tax questions, retirement planning, estate planning and saving for college.

They also offer legal support and resources that allows you to talk with their attorneys over the phone regarding

divorce and family law, debt and bankruptcy, landlord/tenant issues, real estate transactions, civil and criminal actions and contracts. If you require representation, they will refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter.

Their Work-Life specialists will research for you, provide qualified referrals and customized resources for child and elder care, moving and relocation, making major purchases, college planning pet care and home repair.

GuidanceResources Online is your one stop for expert information on issues that matter to you. They provide timely articles, HelpSheets, tutorials, streaming videos, and self-assessments.

See attached flyer for additional information.

Your ComPsych® GuidanceResources® Program

CALL ANYTIME

Call: 877.327.4452

TDD: 800.697.0353

Online: guidanceresources.com

Your company Web ID: EAPCEB

Board of Developmental Disabilities School of Hope Preschool Enrollment

**2024 - 2025
PRESCHOOL
ENROLLMENT**

Our experienced teachers and engaging curriculum provide typically developing children the opportunity to learn and grow in a safe, nurturing environment alongside their peers who receive special education supports.

- ✓ Play & classroom-based learning
- ✓ Outdoor play
- ✓ Developmentally appropriate curriculum
- ✓ Choice of two or four full school days per week

enroll now

More Information:
Tracy Foos
419.332.9296 ext. 121
tfoos@npesc.org

SCBDD

The School of Hope provides a developmentally appropriate preschool curriculum designed to meet the individual needs of children, ages 3-5 years. Typically developing peers attend classes with those children identified as having a disability of delay.

**See the attached School of Hope
Preschool Program flyer.**

Preschool classes offer individual and small group instruction in the following areas:

- Fine Motor
- Gross Motor
- Socialization
- Cognitive
- Language
- Self-Help

Related therapy and other services include:

- Speech Therapy
- Adaptive Physical Education
- Occupational Therapy
- Physical Therapy

For students receiving IEP services, the local school district is responsible to assess and evaluate referred children and provide preschool options for eligible children.

Each class has no more than eight children with disabilities and up to four typically developing peers.

Please contact Tracy Foos at 419-332-9296 ext. 121 for additional information.

LOUISVILLE
KENTUCKY
APR 28 2014

FREMONT
MAY 4
2024
OHIO

Please Save the Date and Join Us for our
Kentucky Derby Gala

You are cordially invited to an afternoon at the races. A special evening of signature appetizers, specialty drinks, live streaming of the derby events, and so much more!

Save the Date
Saturday, May 4, 2024 from 4 PM - 7 PM

For Questions or Ticket Information, Contact Ruth at 567.342.4822

EMS BLOOD DRIVE

Sandusky County EMS will be sponsoring an American Cross blood drive at Terra State Community College Neeley Center located at 2830 Napoleon Road, Fremont OH on Thursday, May 23rd from 12:00 p.m. - 6:00 p.m.

**You MUST register to participate
the QR code was provided in last month's newsletter.**

EMS CAR SEAT SAFETY CHECKS

Sandusky County EMS will be conducting car seat safety checks on Wednesday, May 22nd from 1:00 p.m. - 4:00 p.m. at the FUTURE Sandusky County EMS facility located at 1791 East State Street, Fremont OH.

For event questions, contact Amanda McGinnis at amcginnis@sanduskycountyoh.gov.

NATIONAL PUBLIC SAFETY TELECOMMUNICATORS WEEK

CELEBRATING THE NATION'S 9-1-1 HEROES

National Public Safety Telecommunicator Week (NPSTW) is held annually during the second week of April to honor public safety telecommunicators for their commitment, service, and sacrifice.

The first 9-1-1 call in the United States was placed on February 16, 1968, in Haleyville, AL. This marked the beginning of the 9-1-1 emergency dispatch system, which is now widely used across the country for reporting emergencies and requesting assistance from police, fire, and medical services. On the other end of these 9-1-1 calls are public safety telecommunicators who exhibit extraordinary dedication to saving lives and ensuring public safety.

When an emergency arises, and you call out for help, often times you think of those who show up on scene as the ones who helped in your time of need. But the ones that took your call, who listened to your tears and your frustration, who helped to calm you during your fear, and who sometimes have suffered the onslaught of hateful words were your first responders.

The dispatcher is the unseen part of the emergency service world, but no less important. Please consider the service they have given, keep them in your thoughts, and in the future, remember they are truly part of your support system.

The telecommunications personnel across the nation serve our communities, citizens, and public safety personnel 24 hours a day, seven days a week.

We thank you for your patience, your empathy, your kindness, and your ability to take control when things are falling apart. We appreciate everything you do to help those who are running lights and sirens to a scene have a better understanding of who they are going to help and how best to assist.

You are the calm in the chaos.

NATIONAL PUBLIC SAFETY TELECOMMUNICATORS WEEK



THANK YOU, DISPATCHERS!

Lord, help me to never forget
why I chose this job in the first place,
to never lose sight of
what's important
in the midst of the stress.



Help me to remember
that I make a difference,
however how small it may seem
some days and that I matter.
I am a dispatcher.
Lord, grant me peace.

Sandusky County Communications Deputies

TINA ANDERSON

ERIKA DUKESHIRE

HANNAH DORSEY

KRISTI ELY

CHANTEL KROMER

SHAYLYN MONTGOMERY

KAYTLYNN QUICK

KATY SCHWARTZ

AMY SHEDENHELM

PINWHEELS FOR CHILD ABUSE

The Children Services team planted 813 pinwheels in honor of each child involved in an investigation in 2023.

This serves as a visual symbol of the impact across our county and in our communities in honor of April being child abuse awareness month.

Our child welfare team is led by Social Services Administrator, Michele Hoffman. Their dedicated team

consists of the substance abuse team (START), a kinship search and engagement worker, support staff, treatment foster care, foster care and adoption case-workers, assessment and on-going workers, quality assurance, supervisors and each of them have additional tools to assist families.

If you know of anyone that may need their assistance, they can contact them directly at **1-800-883-8283** or visit their website www.sanduskycountydjfs.org.



March Food Journal Challenge!

CONGRATULATIONS to our March Food Journal Challenge winners! They received a beautiful basket from Ralph's Joy of Living containing delicious oils, vinegarettes, spices and recipes.

Thank you to everyone that participated in the challenge!!

Davi Anderson - Park District

Sarah Chong - DJFS

Stevie Fisher - TASC

Elaine Franks - DJFS

Angie Snell - Adult Probation

Cyndi Zienta - Law Library

REAL MONEY. REAL WORLD

Commissioners Schwochow and Zimmerman attended the Ohio State University Extension Real Money Real World event.

This is a youth-focused financial literacy program that can be used with youth ages 12-18, but is ideally suited for youth ages 13-16.

Real Money. Real World (RMRW) is fun and distinctive because it includes an interactive spending simulation that provides the opportunity to make lifestyle and budget choices.

Because of RMRW, youth will place more importance on their choices and how it impacts their future as an adult navigating finances, budgeting, household responsibilities and wants versus needs.



Pictured above: Commissioners Schwochow and Zimmerman with the OSU Extension staff.

MEMORIAL DAY

It is traditional to fly the flag of the United States at half staff from dawn until noon on Memorial Day. Many visit cemeteries and memorials, particularly to honor those who have died in military service.

Volunteers place an American flag on each grave in national cemeteries. Memorial Day is a federal holiday and is observed by county employees.



Dill Dip Recipe

INGREDIENTS:

- 1 Cup Mayonnaise (not Miracle Whip)
- 1 Cup Sour Cream
- 2 Tablespoons Dried Dill
- 2 Tablespoons Dried Minced Onions
- 1 Tablespoon Dried Parsley Flakes
- 1 Teaspoon Garlic Powder (I use more)
- 1/8 Teaspoon Salt

INSTRUCTIONS:

Mix all ingredients together in a bowl. Refrigerate for several hours or overnight. Serve with vegetables of your choice.

ENJOY! My family loves this dip.

SPRING HAS SPRUNG

Spring fever is a real syndrome. When the temperature rises during the warm spell after a long winter, there is a dilation of the blood vessels so blood can be carried to the body surface where heat can be lost quickly. People experience an energetic feeling when this happens. Scientists believe that longer days cause people to be more active, creative and happy.

Baby birds learn to sing during spring. Although they are born with the ability to sing, they must learn the specific songs of their species. They often learn their song within two months of being born.

Spring was formerly referred to as lent, which was changed to springtime around the 1300's, and eventually was shortened to spring. Spring is derived from the time of year when plants begin to grow again or spring from the earth.

We think of spring as a time of growth and renewal, but the idea that spring is growing season extends beyond the plant world. Weird as it may seem, children actually grow faster during the spring than any other time of the year per KidsHealth.



ATTACHED FLYERS

School of Hope Preschool Flyer

CEBCO Rewards & CEBCO Well-Being Solutions Flyer

ComPsych GuidanceResources Flyer

Foster Parent Recruitment Event Flyer

IMPORTANT DATES

May 4th - Annual Kentucky Derby Gala 4 pm - 7 pm at the Neeley Center/Terra State Community College

May 5th - Cinco de Mayo Day

May 12th - Mother's Day

May 20th - Foster Parent Recruitment Event 5:30 pm - 7 pm at 2511 Countryside Drive, Fremont (DJFS)

May 22nd - Car Seat Safety Checks 1 pm - 4 pm
1781 East State Street, Fremont (old Odd Lots)

May 23rd - EMS Blood Drive 12 pm - 6 pm at the Neeley Center/Terra State Community College

May 27th - Memorial Day (County holiday)

May 28th - Armed Forces Day

INCREASED ANIMAL ACTIVITY AWARENESS

Vehicle collisions present an immediate danger to human and animal safety. According to a review of fatal animal crashes in nine states, 77% of the animals struck were deer. Also be aware of increased racoon, opossum and rabbit activity.

The two peak times when the risk of collision with an animal is the highest is at dusk and dawn during spring time.

Approximately 200 humans and between one to two million animals are killed each year in vehicle collisions.

When you encounter an animal in the road, avoid swerving or coming to an abrupt stop. These actions may cause you to lose control of your car and likely cause more harm than good.

If there is no on-coming traffic, flash your high beams and honk at the animal to encourage it to move quickly.

Contact Sandy Gillig if you have upcoming events, deadlines, recognition, or information you would like added to the monthly newsletters.

The Sandusky County Commissioners serve as administrators for Sandusky County by:

- Formulating a Multi-million Dollar Budget;
- Approving Purchase Vouchers;
- Negotiating and Approving Union Contracts;
- Pro-active long term planning;
- Handling day-to-day county issues;
- Approving the county road program for the County Engineer;
- Advertising and taking bids on all road, bridge, ditch and sewer projects;
- Implement maintenance on the inside and outside of county buildings;
- Holding hearings to discuss drainage ditch projects, establishing and vacating roads, personnel and equipment needs for county departments, budget and expenses for upcoming county projects; and
- Attend as a Commissioner Representative on 37 Local/Regional/State boards and committees.

The Commissioner's board meetings are held weekly, on Tuesday and Thursday, commencing at 8:00 a.m. Public forum sessions begin at 10:00 a.m. Evening sessions are held quarterly at 6:00 PM. Generally, all sessions are open to the public and anyone interested in attending the meetings are welcome to do so!



Sandusky County Commissioners
622 Croghan Street
Fremont, Ohio 43420
(419)334-6100-T
(419)334-6104-F
Commissioners:

Russ Zimmerman
Scott Miller
Charles Schwochow
Staff:

Theresa Garcia, County Administrator
Sandy Gillig, Clerical Specialist
Ian Cantu, Human Resources
Traci Myles, Account Clerk

Find us on
f Facebook



The School of Hope Preschool Program was recently awarded the **Step Up To Quality 5-Star Rating** by the Ohio Department of Education and the Ohio Department of Job and Family Services.

Step Up To Quality recognizes and promotes learning and development programs that meet quality program standards that exceed preschool licensing and school age child care licensing health and safety regulations.



Our Vision



We offer individuals with developmental disabilities and their families access to services and supports throughout the community that will enhance the quality of their everyday lives,

one person at a time.

Our Mission



SCBDD is committed to listen, enrich, and optimize partnerships with Sandusky County citizens with developmental disabilities and their families, along with the community to build meaningful lives.

1001 Castalia Street
Fremont, Ohio 43420

419.332.9296
www.scbdd.org



SCBDD



Preschool Programming

Striving to strengthen each child's intellectual, physical, emotional, and social development by providing educational programming designed to encourage and challenge students to reach their full potential.



**Listen,
Enrich,
Optimize**

...One Person at a Time

A Curriculum to Challenge, Intrigue, and Develop Young Minds

The School of Hope provides a developmentally appropriate preschool curriculum designed to meet the individual needs of children, ages 3-5 years. Typically developing peers attend classes with those children identified as having a disability or delay.



Preschool classes offer individual and small group instruction in the following areas:

- Fine Motor
- Gross Motor
- Socialization
- Cognitive
- Language
- Self-Help

Related therapy and other services include:

- Speech Therapy
- Adaptive Physical Education
- Occupational Therapy
- Physical Therapy

Location

Preschool programming is provided in the School of Hope Building at the Sandusky County Board of Developmental Disabilities at 1001 Castalia Street in Fremont, Ohio.

Days & Times

Preschool operates on the school calendar, four days a week (Tuesday - Friday) 8:45 a.m. - 3:15 p.m.

Number of Students

Each preschool class has no more than eight children with disabilities and up to four typically developing peers.

Staff

Each classroom teacher is certified by the Ohio Department of Education. All classrooms have a certified teacher's assistant at all times.

Parents who wish to explore enrollment in the School of Hope Preschool Program, contact Becky Holtgrevén, Director of Educational Services at 419 332 9296 ext. 121.



Cost

There is no fee for preschool students receiving IEP services. There is a \$20.00/day fee for typically developing peers. Hot lunches are available through the school lunch program.

For students receiving IEP services, the local school district is responsible to assess and evaluate referred children and provide pre-school options for eligible children. The School of Hope Preschool is one option in Sandusky County.




CEBCO Rewards 200



Focus on your well-being and earn rewards up to \$200

The more activities you complete, the greater your reward



The CEBCO Rewards 200 program connects you with easy-to-use digital health and wellness tools that can help you stay your best. When you and your covered spouse complete any of the activities listed below sponsored by your employer between August 15, 2023, and August 14, 2024, you'll earn rewards to put toward electronic gift cards for select retailers. You choose the activities you'd like to complete to receive the maximum of \$200.

Activity type	Activities	Amount
 Preventive care	Have an annual preventive wellness exam or well-woman exam with your doctor	\$25
	Get an annual cholesterol test ¹	\$10
	Have a colorectal cancer screening (ages 45 and older)	\$25
	Have a routine mammogram (women ages 40 to 74)	\$25
	Get an annual flu shot	\$10
	Get a COVID-19 vaccine and boosters	\$5
	Have a prostate cancer screening	\$5
	Get an HPV, pneumococcal, or shingles shot	Up to \$15 (\$5 each)
	Receive an annual A1c lab test	\$10
	Have a skin cancer screening	\$5



1040210HENA05.09/23



Activity type	Activities	Amount
 Condition management programs	SWORD Virtual Physical Therapy: Complete this program for back, joint, and muscle pain relief from the comfort of home	\$30
	ConditionCare: Work one-on-one with your health coach and earn rewards for completing the program ²	\$30
	Building Healthy Families: Complete a postpartum assessment. Support is available through the SydneySMHealth app wherever you are in your family-planning process, such as trying to conceive or raising your toddler ³	\$30
	Taking regular medications for asthma, chronic obstructive pulmonary disease, coronary artery disease, diabetes, or hypertension	Up to \$100 (\$20 each)
 Digital and wellness activities	Log in to your Anthem account	\$5
	Connect a fitness or lifestyle device	\$5
	Complete a health assessment and receive tailored health recommendations	\$25
	Complete action plans around eating healthy, weight management, and physical activity	Up to \$25 (\$5 per action plan)
	Track your steps	Up to \$50 (\$2 per 50,000 steps tracked)
	Update your contact information	\$5
	Log daily nutrition: Track 800 calories a day for at least 8 days per quarter	\$64
	Track your sleep	Up to \$30 (\$10 for 15 days per month)
	Download your health plan ID card	\$5
	Read five educational articles and watch five videos	\$5
Participate in a team challenge (\$25/each)	\$50	

Earn rewards

Here's how and when you'll earn rewards for completing the activities already mentioned.



Preventive care: Visit your doctor for any of the screenings or appointments listed in the chart. Your rewards are added to your account after your claim is processed, which may take up to 60 days.



Condition management: Rewards are added to your account as you meet certain benchmarks or complete a program. Programs include ConditionCare (for asthma, diabetes, and heart or lung conditions) and Building Healthy Families.



Digital and wellness activities: Log in to the **Sydney Health** app or **anthem.com** to complete available activities, such as taking a health assessment, completing any of the action plans, and tracking your steps. Rewards are added to your account as activities are completed.

Use your rewards toward electronic gift cards for select retailers.



- 1 To view your rewards, open the **Sydney Health** app or go to **anthem.com**. Next, go to *My Health Dashboard*.



- 2 Select **My Rewards**.



- 3 Select **Redeem Rewards** to see how much you've earned. Use your rewards toward electronic gift cards from popular retailers, including Amazon, Gap Options (all brands), Apple*, Target, The Home Depot, T.J. Maxx, and Uber. The minimum gift card amount is set by each individual retailer. You can redeem your rewards by August 14, 2024.



Download the **Sydney Health** app by scanning this QR code with your phone's camera.



Do you have questions?

Log in at **anthem.com** or open the **Sydney Health** app. Then go to *My Health Dashboard* and select **My Rewards** to learn more. You can also call Member Services at the number on your health plan ID card.

¹ Annual cholesterol test eligibility: men 35 years and older, women 40 years and older with a full cholesterol (lipid) panel.

² Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in 1 of 5 ConditionCare programs and completion of 1 of 5 ConditionCare programs: chronic obstructive pulmonary disease, coronary artery disease, asthma, diabetes, and congestive heart failure. Rewards include \$30 for program participation and \$30 for program completion.

³ Building Healthy Families (BHF) milestone completion dates: BHF Pregnancy Screener must be completed in first trimester; at least 1 of 6 mini assessments must be completed by one day prior to delivery; postpartum assessment must be completed by 56 days after delivery. Rewards include \$10 for profile completion, \$10 for a BHF Pregnancy Screener, \$10 for completing at least 1 of 6 mini assessments, \$10 for a postpartum assessment.

⁴ Members may earn rewards for completing quarterly Well-being Coach digital milestones while logging daily check-in activities on the app. Daily check-in reward values: first check-in, \$4; next 15 check-ins during first quarter, \$4; 25 check-ins during second through fourth quarters, \$4 each quarter. Log in to SydneyHealth or anthem.com to download the Well-being Coach digital app. Well-being Coach is provided by Lark Health.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

We encourage you to actively participate in your rewards program. Rewards earned should be redeemed before the end of the current plan year. Unused rewards are forfeited three months after the end of your plan year. Make sure to redeem them before then.

All preventive care activities are claims based, which means your completion is determined when a claim is processed. Medical waivers apply to claim-based activities.

Rewards eligibility applies only to subscribers and their enrolled spouse or domestic partner. Members must be active on the plan, and their activity must take place during the plan year. A subscriber and spouse or domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

The reward amount you receive may be considered income to you and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations.

Electronic gift card availability may vary. The list of retailers available for electronic gift card rewards redemption is subject to change. Log on to anthem.com or open the Sydney Health app to explore the electronic gift card options available to you.

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