

PARTICIPANT PROGRAMS



MED Enrolled – participants enrolled in CAP's medical coverage

NON-Med Enrolled – participants not enrolled in CAP's medical coverage

www.preventioncloud.com or download the Prevention Cloud app

To Register:

Username: FIRSTLAST1234

Temp PW: DOB mmddyyyy



PROGRAM CONTENT



***REQUIRED* for MED Enrolled program Only**

Physician Packet & Age/Gender Screenings (for MED enrolled program)

Available Activities for BOTH programs

- Tobacco Affidavit
- Health Risk Assessment
- My Plan
- Challenges
- Fitness Activities
- Emotional WellBeing Modules
- Webinars and Quizzes

REWARDS



Points are earned annually per calendar year



Reward level is determined at year end



Rewards are distributed in Q1 of the following year



Wellness Incentive eligibility is determined at the close of the program year (no longer quarterly). If you complete the required Physician Packet, you will receive the Wellness Incentive for the entire following calendar year

REWARDS - MED



Medical Campaign		
LEVEL	POINTS	INCENTIVE
Physician Visit	400 points	\$50 monthly payroll reimbursement for the following year (Jan-Dec)
Level 1*	600 points	\$50 Gift Card
Level 2*	1000 points	Floating Holiday AND increased Wellness Incentive to \$100/month for Q1 (Jan-Mar)

REWARDS - MED



REQUIRED: Physician Packet (400 points)

- Must complete Physician Packet to be able to reach Level 1 and 2 rewards
- Activities may be completed at any time, in any order
- Deadline to complete program is December 31, 2025

ADDITIONAL/OPTIONAL ACTIVITIES:

Wellness Activity	Frequency	Point Value
Tobacco Affidavit	Once Annually	10 points
MyPlan	Once Annually	50 points
Age/Gender Screening <i>(see page 12 for details)</i>	Once Annually	100 Points
Health Risk Assessment	Once Annually	50 points
Challenges <i>(see pages 13-14 for details)</i>	Quarterly	50 Points Each /200 Max
Fitness Activities <i>(see page 6 for details)</i>	Ongoing	Points Vary
Emotional WellBeing Modules <i>(see page 9 for details)</i>	Ongoing	5 Points Each /50 Max
Webinars and Quizzes <i>(see pages 10-11 for details)</i>	Ongoing	20 Points Each /240 Max

REWARDS – NON MED



Non-Medical Campaign

LEVEL	POINTS	REWARDS
My Plan (Level 1)	400 points	\$25 Gift Card
Level 2	600 points	\$50 Gift Card
Level 3	1000 points	Floating Holiday AND \$100 Gift Card

REWARDS – NON MED



REQUIRED: My Plan (400 points)

- Must complete My Plan to be able to reach Level 2 and 3 rewards
- Activities may be completed at any time, in any order
- Deadline to complete program is December 31, 2025

ADDITIONAL/OPTIONAL ACTIVITIES:

Wellness Activity	Frequency	Point Value
Tobacco Affidavit	Once Annually	50 points
Health Risk Assessment	Once Annually	100 points
Challenges (see pages 11-12 for details)	Quarterly	50 Points Each /200 Max
Fitness Activities (see page 5 for details)	Ongoing	Points Vary
Emotional WellBeing Modules (see page 8 for details)	Ongoing	5 Points Each /50 Max
Webinars and Quizzes (see pages 9-10 for details)	Ongoing	50 Points Each /400 Max

FAQS



Q: Do you have to complete the physician packet to earn Level 1 or 2 Rewards?

A: Yes. You may complete activities in any order, but MED enrolled participants must complete physician packet to earn any rewards levels

Q: If I am currently in the NON-Med program and then enroll in CAP's medical coverage in May, am I eligible for the Wellness Incentive?

A: Yes

Q: Can I sync my fitness activity device?

A: Yes. FitBit devices sync directly via the website and app.
See program manual instructions on how to sync other devices.

Q: Can I enter my steps manually?

A: Yes. You do not have to sync a device. There is also a Step Converter sheet for a list of other activities. (Dashboard>Quick Links)

FAQS



Q: When will Q1 Challenge be available?

A: We anticipate it will be available March 1st

Q: Is medical data confidential?

A: Yes.

Q: Will you send a reminder to complete the program?

A: Yes. We will send reminders to update your activity.

Q: Why aren't my points showing up?

A: Activities that require support documentation won't be added to your points until forms or proof of completion is submitted

Q: Can I go back to take a quiz?

A: Webinars are available to watch any time, but quizzes are only accessible during the corresponding month when open. You must complete the quiz in the respective month

FAQS



Q: Do we get credit for activities completed in January and February of this year?

A: Yes. You may back date activities entered that were completed prior to the program start

Q: Will there still be bonus opportunities?

A: Yes. We will be adding “My Extra Wellness Activity”. These activities will be worth 10 points with an annual maximum earning potential of 40 points.

Q: Do activities ‘lock’ after quarter ends?

A: Most activities are available year round. Webinar quizzes are only available during the month they are open. Challenges are only available in the corresponding quarter.

Q: Is there a mobile app?

Yes. Search for Prevention Cloud.



FAQS



Q: Who approves submitted forms?

A: Prevention Cloud staff will review support documentation

Q: What about 2026 Rewards and Wellness Incentive?

A: The 2025 program was used to determine 2026 rewards which you should have already received. Participants that earned the Wellness Incentive and are currently receiving the Wellness Incentive will continue to receive the benefit for the remainder of 2026.

Q: How do we enter data for January and February?

A: If you sync a device, it should automatically populate for prior periods.

If you are entering steps manually, go to Tracker>Exercise>Walking and select the appropriate calendar date you are entering for.

If you are entering other program activities, you may enter them with back dates.

FAQS



Q: Who approves submitted forms?

A: Prevention Cloud staff will review support documentation

Q: Do we get credit for dental appointments or blood donations?

A: These activities will count towards the “My Extra Wellness Activity”

Q: Do NON-Med enrolled participants have to complete the Physician Packet?

A: No. The non-med enrolled program does not include the Physician Packet requirement

Q: If we are MED enrolled, can we only do the physician packet and not track any other activities if we don't want the other points/rewards?

A: Yes. If you are only participating in WellnessEveryDay for the Wellness Incentive, you may only complete the required Physician Packet and nothing else.