



2025 SAV4HEALTH WELLNESS INCENTIVE PROGRAM

We'll support your health and wellness journey.

EARN \$1000 IN SAVINGS ON MEDICAL PREMIUMS IN 2026 WHEN YOU COMPLETE YOUR FOUR ACTIVITIES BY NOV. 15, 2025

The City of Savannah, in partnership with Quantum Health, offers a wellness program to help you stay healthy and save on medical premiums. Here's what you need to do:



Complete a biometric screening and report your results

The purpose of a biometric screening is to give you information that might indicate risk factors for certain chronic conditions, such as diabetes and heart disease. You must report your results on the Quantum Health portal or call a Quantum Health Care Coordinator for assistance.



Complete your annual checkup

Routine checkups with your primary care physician are an important part of your care for several reasons, including detecting or preventing many health conditions. You and your doctor will go over your biometric screening results together.



Complete the wellness assessment

This personal health report will give you an overview of your current health status and serve as an indicator of potential health problems.



Complete the tobacco affidavit

Your genuine response will earn credit for this activity. If you indicate you're not using tobacco products, you'll avoid the tobacco surcharge on your medical premiums. If you attest as a tobacco user, you'll need to complete FREE tobacco cessation coaching by Dec. 19, 2025, to prevent the surcharge.

It is your responsibility to ensure the requirements have been met by Nov. 15, 2025. If you do not see your incentive and feel it should already be in place, call your Quantum Health Care Coordinators within 90 days of the deadline of the program.

GET STARTED EARNING YOUR REWARDS

Log in to your online account at **CityofSavannahHealthPlan.com** and click **Wellbeing**.

If you have any questions along the way, contact your Care Coordinators at (866) 360-7926.



STAY INFORMED, STAY HEALTHY!

To learn more about the City of Savannah Wellness Program, including upcoming biometric screenings, health fair, and exclusive wellness resources, scan here!



CityofSavannahHealthPlan.com

(866) 360-7926
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

