

Activities to Complete to Accrue My Rewards Dollars

Community Engagement activities will not qualify for My Rewards until Kentucky HEALTH begins. All other activities listed below qualify for My Rewards before (and after) the program has started.

Activity	My Rewards Dollars Earned	Times per Year
Community Engagement		
Complete job skills training	\$25	Up to 2
Education or GED class	\$25	Up to 2
Job Application/Job Search	\$5	Up to 12
Participate in permitted community service activity	\$10	Up to 5
Pass GED exam	\$100	1
Register with Career Center and complete goals assessment	\$150	1
Education and Training		
Complete a My Rewards online course (one-time credit per course per year; take as many courses as available)	\$25	1
Complete First Steps Program	\$50	1
Complete HANDS program	\$50	1
Complete HANDS program home visit	\$25	4
Participate in Moving Beyond Depression (MBD)	\$50	1
Participate in Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	\$25	4
Healthy Behaviors		
Avoid inappropriate Emergency Room visits for a year	\$100	1
Complete Health Risk Assessment with MCO	\$150	1
Complete smoking cessation program	\$50	Up to 2
Follow-up visit with physician after Emergency Room visit	\$25	Up to 2
Participate in substance use disorder counseling service	\$25	Up to 8
Preventive Activities		
Adult comprehensive dental exam	\$50	1
Adult comprehensive vision exam	\$50	1
Annual Physical	\$100	1
Colonoscopy or colorectal screening (aged 50-64)	\$50	1
Flu shots	\$50	Up to 2
HIV Screening	\$50	1
Mammogram (female / 40 or older)	\$50	1
Pap smear with HPV testing (female / 21 or older)	\$50	1
Well-child, dental or vision exam (dependent child)	\$50	Up to 4