

How to Complete Your 2025 Wellness Activities

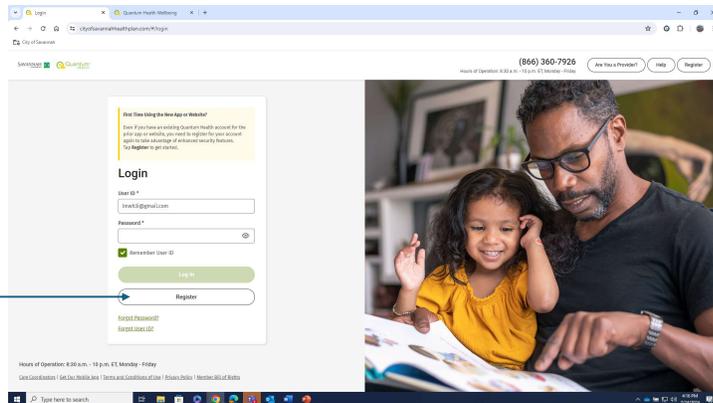


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Step 1: Login to www.cityofsavannahhealthplan.com

-Or-
You may call a **Care Coordinator**
866-360-7926

First-time user,
REGISTER



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Step 2: Select SAV4 Health 'Get Started'

- Once you select 'Get Started' you will be taken to the **Quantum Health Wellbeing** website and able to complete your wellness activities

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Step 3: Select Incentives

- Review the Status of Wellness Activities to be completed.**
- This screen will show a percentage % of activities that have been completed.
- Select **'Complete'** to view your wellness activities

Home Wellness As **Incentives** Coaching Goals & Activities Challenges

Incentives

Taking steps to improve your health and wellbeing can have its own rewards. But when you're completing those same activities as part of an incentive program...

City of Savannah SAV4Health **2026** Premium Incentive Program Year: **2025**

Wellness Activities

Earn a SAV4Health Premium Incentive **2026** for completing all 4 Wellness Activities below.

EMPLOYEES: In order to receive the SAV4Health Incentives **2026** you will need to **complete all 4 activities below** by **November 15, 2025**. If you complete the affidavit as a tobacco user, you will need to complete the Quantum Health tobacco cessation program by **December 19, 2025**.

SPOUSES: Even though you are not eligible for the SAV4Health incentive, we encourage you to participate in the wellness activities to help take care of your health!

If you feel that an activity completion status is incorrect or if it is unreasonably difficult to complete activities due to a medical condition, please contact your Care Coordinators at 866-360-7926 or via chat.

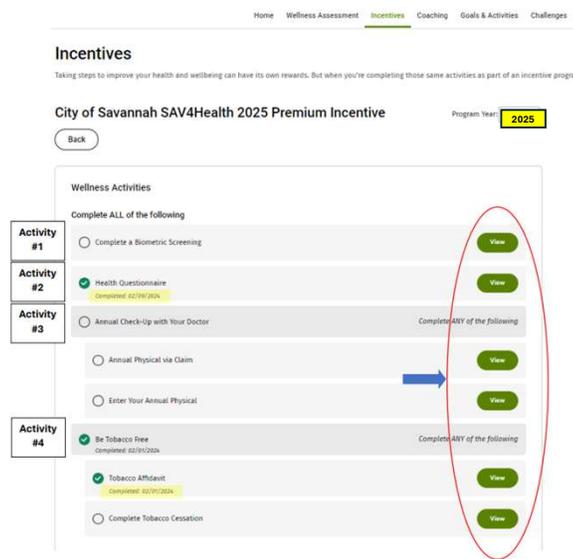
50% Complete

Complete

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Step 4: Complete Wellness Activities

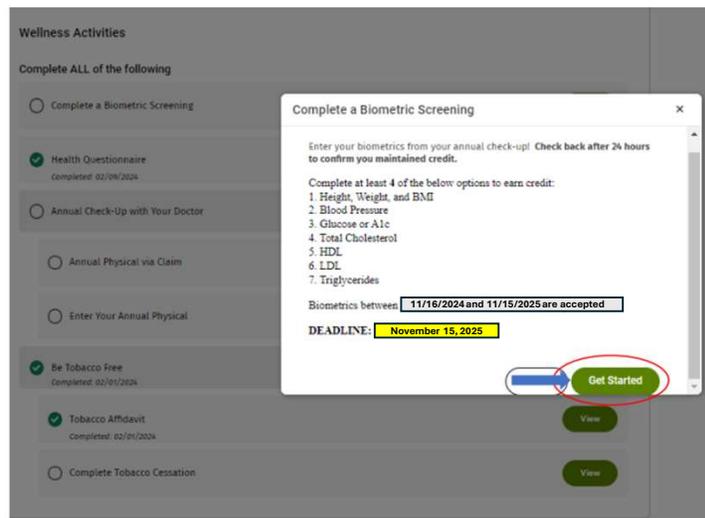
- This screen shows what activities have been completed and what needs to be completed.
- Select **'View'** for Wellness Activities details and enter information.



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Activity #1: Enter Biometric Screening Results

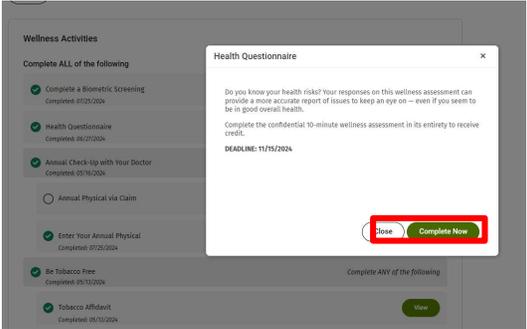
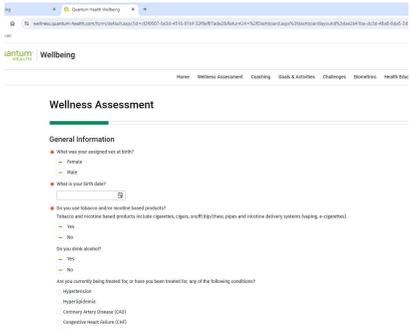
- Select **'Get Started'** to enter your Biometric Screening results
- Employees may call the **Care Coordinators at 1-866-360-7926** if they need assistance determining their screening numbers



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Activity #2: Complete Wellness Assessment

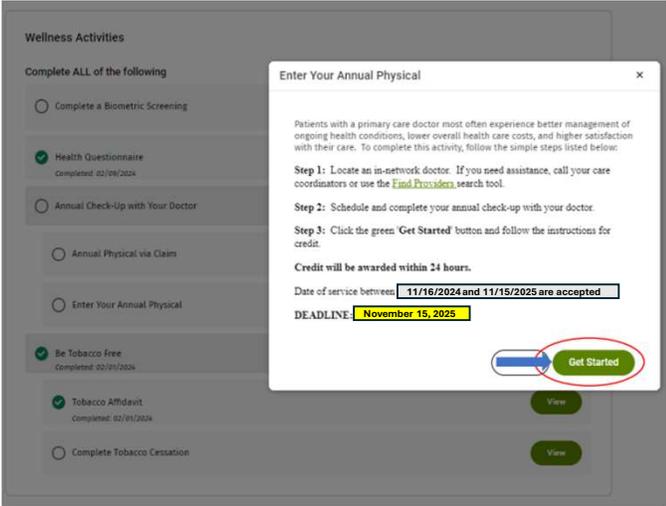
- Select **'Complete Now'** to fulfill your **Wellness Assessment**

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Activity #3: Enter your Annual Physical

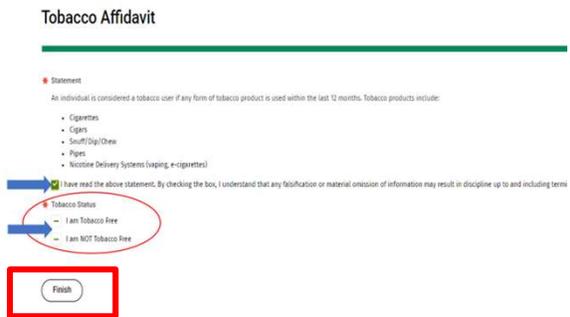
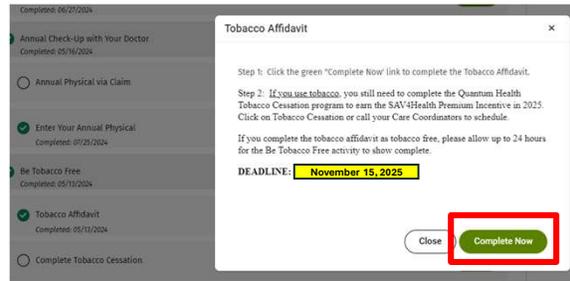
- Select **'Get Started'** to enter your **Annual Physical** appointment date and doctor's name



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Activity #4: Complete the Tobacco Affidavit

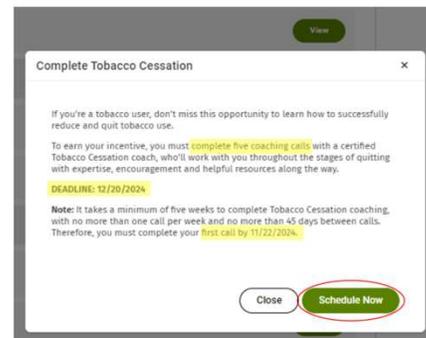
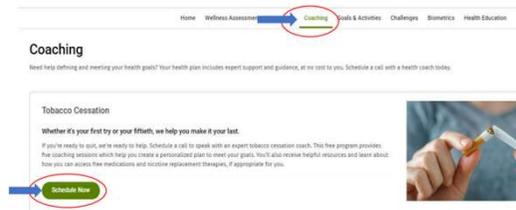
- Select 'Complete Now', click the **statement box** and select:
 - I am Tobacco Free
 - I am NOT Tobacco Free
- Click **Finish**



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Step 5: Those NOT Tobacco Free, must enroll and complete (5) Tobacco Cessation Coaching Sessions

- The program cost is covered at 100% by the City.
- To earn the SAV4 Health Incentives, you must complete five coaching calls by 12/19/25
- Select **Coaching**, select 'Schedule Now'



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To confirm you have completed ALL wellness activities

- Select 'Incentives' to view percentage of wellness activities
- **100% = You will receive \$1000 Savings on your 2026 yearly medical health plan premiums**

Quantum HEALTH | Wellbeing

Home Wellness Assessment **Incentives** Coaching Goals & Activities Challenges Biometric

Incentives

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City of Savannah SAV4Health 2025 Premium Incentive Program Year: 2025

Wellness Activities

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Lauren Wilson 100% Complete

Complete

***Please print the page or take a photo for records**