



2025 VikeHealth Program Overview

Make your health a priority. By participating in the voluntary VikeHealth program, you can earn a \$700 wellness bonus.



Complete the following by 10/30/2025.

Health Assessment | Required | 10 Points

Complete the online health assessment through the link on the wellness portal. Answer all the questions to the best of your ability.

Health Screening | 30 Points

Complete a screening on-site, with your provider or the CSU Human Performance Lab. The form needs to be completed and uploaded to the wellness portal with a date of service between 11/1/2024 - 10/30/2025. For your screening to be considered complete, at least one biometric result (for example: weight, height or blood pressure) and one result from a blood panel must be submitted.

Annual Physical* | 30 Points

Complete an annual physical with a service date between 11/1/2024 - 10/30/2025 .

Preventive Care Services* (Up to 4) | 10 Points Each

Eligible Services: Bone density test, cervical cancer screening, colonoscopy, COVID vaccine, dental exam, eye exam/diabetic retinal exam, flu vaccine, herpes and shingles vaccine, mammogram, pneumococcal vaccine, prostate cancer screening, skin cancer screening

Microlearning Courses (Up to 2) | 5 Points Each

Access microlearning courses through the link on the wellness portal.

Track 1,000,000 Steps (or 7,500 Activity Minutes) | 30 Points

Access trackers/device sync through the wellness portal. Track steps/minutes 1/2/2025 - 10/30/2025.

Culture of Health Activity| 10 Points

Self-report on the wellness portal by 10/30/2025. Must actively participate in ongoing nutrition, weight coaching, or fitness engagement for 3+ months.

Chronic Condition or Maternity Program* |40 Points

Eligible Services:: Medical Mutual Chronic Condition Management Program, Maternity Management Program, Wword + Bloom. Complete program requirements by 10/30/2025. Note, this program is for Medical Mutual Insured participants only.

Visit the Medical Mutual wellness portal to get started.

Sign in to your My Health Plan account at www.medmutual.com/member and select Wellness Portal from the Healthy Living drop-down menu.

What if I'm a new employee?

Only employees hired before 9/30/2025 and eligible to enroll in a CSU medical plan will be able to join. CSU employees hired on or after 10/1/2025 will be eligible to participate the following year.

Not sure if the program is right for you?

You may be able to earn the reward another way. You can file an alternative if your provider recommends you shouldn't participate.

**For these services you will automatically receive credit through your health insurance claim within 3-6 weeks, if you're enrolled in the medical plan. If you haven't received credit after 6 weeks or the program deadline is approaching, please submit a preventive care form (available on the resources page of the wellness portal) by the alternatives deadline. If you are not enrolled in the medical plan, you will not receive credit automatically and will need to submit a preventive care form.*

Note: You may have already received credit for any of these services completed between 11/1/2024 and 1/2/2025.



Questions? Give us a call toll free at 1-855-553-1006 or send us a message on the portal.