

2026 Annual Physical Results Form

Employees and spouses enrolled in a medical plan sponsored by the State Personnel Department are eligible for a \$200 gift card reward for completing an annual physical. This form can be completed by your healthcare provider to earn your annual physical reward.

Required measurements must be taken in 2026. Forms must be fully completed and submitted by **November 30, 2026** to earn the reward. **Please note, it can take up to four weeks for forms to be processed.** Your form is considered processed when the activity shows as complete in the Mobile Health Consumer Portal.

Participant instructions

Step 1: Make an Appointment

Set up your appointment with the provider of your choice. When you make your appointment tell the provider what measurements you need. The required measurements are height, weight, blood pressure, total cholesterol, HDL, LDL, triglycerides, blood glucose, and HbA1c.

Step 2: Fill out Section 1: Participant Information. Don't forget to sign it.

Step 3: Take this form with you to your appointment

Your provider must fully complete Section 2: Results and Provider Information.

Step 4: Submit the completed form

You can ask your provider to send it for you, but you are responsible for making sure the form is received to earn the reward.

There are two options available to submit your completed form:

1. **Upload:** Login to your Mobile Health Consumer Portal <https://www.mobilehealthconsumer.com/web/#/auth/login>. Go to the Rewards Center and then the Annual Physical reward tile. Follow instructions to upload.
2. **Fax** to 877-711-0054

Step 5: Review your confirmation email.

If you submit your form via the online submission link, you will immediately receive a confirmation email that your upload was successful. If your form is faxed in, you will receive a confirmation email once the fax has been delivered to the processing team. Within 3-5 business days your form will be reviewed for completion, and once the review is completed you will either receive a confirmation email that your reward will be processed OR an email explaining anything that is missing on the form preventing you from receiving the reward.

Check your form for these common errors

- Make sure all other measurements are completed - including HbA1c.
- Make sure your screening date is in 2026.
- Make sure both you and your provider have signed the form.
- Make sure all information is legible.

