



Dental Checkup Self-Reporting Help Guide

- You can earn \$25 or 6,250 rewards points for a preventive dental checkup (regular cleaning, exam, or X-rays), up to twice per calendar year, for a total of \$50 or 12,500 reward points.
- Dental visits need to be reported as follows:
 - Checkup 1: Visit from January 1 – June 30, report by June 30, 2025
 - Checkup 2: Visit from July 1 – December 31, report by December 31, 2025
- In 2025, dental coverage is administered by Cigna, so UMR does not have access to dental claims information. Therefore, dental checkups must be self-reported to UMR to earn incentive rewards. Use the handy instructions and screenshots in this guide.

August 2025 Update

If you had a dental checkup between January 1 and June 30, 2025, the June 30th deadline to self-report it on UMR's website has passed. However, there is a one-time option to submit your information to Wellness.

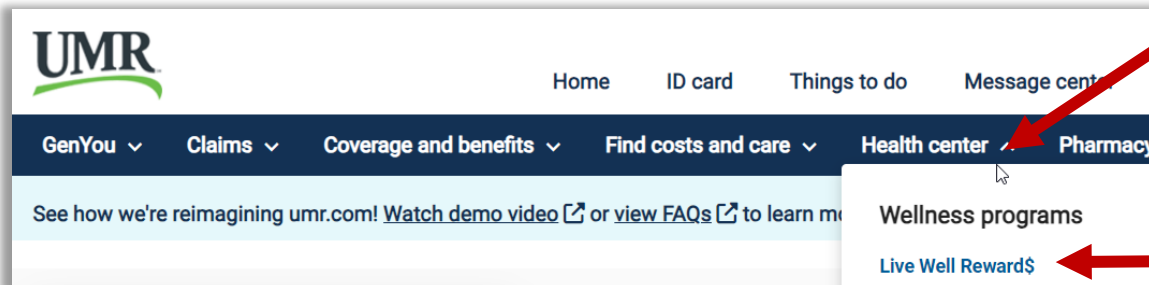
Email proof of your dental visit to wellness@pinellas.gov by August 27, 2025. The proof could be an itemized receipt or the [Explanation of Benefits](#) from Cigna's website, and must include your name, type of service, and date. For your privacy, we suggest marking out additional personal information which is not needed.

NOTES:

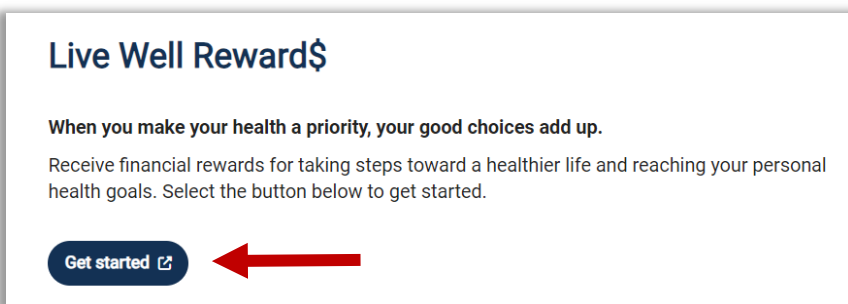
- The following instructions are for reporting a dental checkup that took place between July 1 and December 31, 2025.
- Proof of dental exam is not required when self-reporting on the UMR website, but all self-reported activities are subject to random audit per the [Wellness Program Incentive Rules and Guidelines](#).
- See [Opt Out Instructions](#) for those who opt out of the County's medical plan.
- See [Confirmation Instructions](#) to confirm that you reported a dental checkup successfully.

Medical Plan Participant: How to Self-Report a Dental Checkup (for employees and spouses on the medical plan)

1. Log into www.UMR.com. See [UMR Login](#) for step-by-step instructions.
2. From the *Health Center* drop-down menu, select **Live Well Reward\$**.



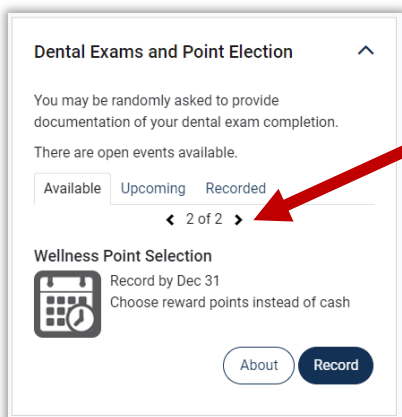
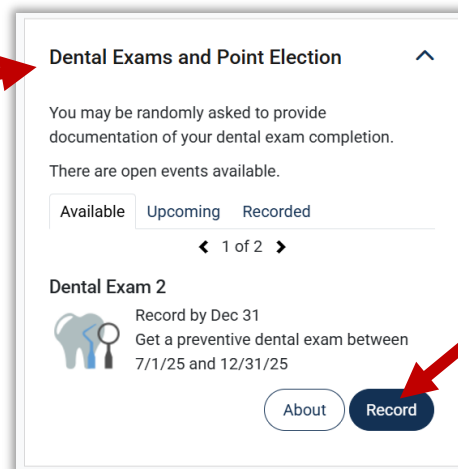
3. Click the **Get Started** button under Live Well Reward\$.



4. In the Live Well Reward\$ Wellness Platform, go to the column on the right, and scroll to the **Dental Exams and Point Election** section.

Locate the **Dental Exam** option and click **Record**.
Note: As of July 1, you will only see the Dental Exam 2 option since the deadline to enter Dental Exam 1 is June 30.

If you see Wellness Point Selection instead of Dental Exam, click the arrows to scroll from options 2 of 2 to 1 of 2.



5. Complete the following items:
 - a. Click the calendar and select the dental checkup date.
 - b. Click the checkbox to certify you have completed the event requirements.
 - c. Click **Record**.

EXAMPLE

Dental Exams and Point Election

Dental Exam 2
Open date: Jul 1
Close date: Dec 31

Getting dental exams twice a year helps prevent cavities, gum disease, and other oral issues while supporting overall health by reducing risks like heart disease and infections. Proof of completion not required but you may be randomly asked to provide verification.

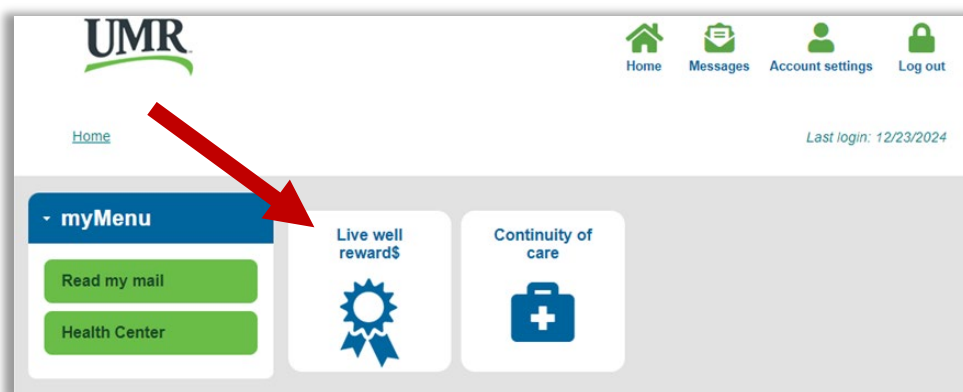
Completed: 08/13/2025

☒ I have completed the event requirements.

Cancel **Record**

Opt Out: How to Self-Report Dental Checkup (for those not on the medical plan)

1. Log into UMR's [Opt Out Wellness](#) site. If this is your first time logging in, you need to create a One Healthcare ID as prompted. Once you've created and verified your account, the first time you log in, you will be asked for a Member ID (enter your Social Security number) and a Group ID (enter: 76417193).
2. Click the **Live Well Rewards** tile.



3. In the wellness portal, go to the middle column, and scroll down to the **Screenings and Point Election** section.

Screenings and Point Election

You may be randomly asked to provide documentation of completed screenings.

There are open events available.

Available Upcoming

4. Locate the **Dental Exam** option and click **Record**.
If you don't see this option, click the arrows to scroll between options.

Note: As of July 1, you will only see the Dental Exam 2 option since the deadline to enter Dental Exam 1 is June 30.

Screenings and Point Election

You may be randomly asked to provide documentation of completed screenings.

There are open events available.

Available Upcoming Recorded

< 3 of 6 >

Dental Exam 2



Record by Dec 31

Get a preventive dental exam between 7/1/25 and 12/31/25

About

Record

5. Click the calendar and select your dental checkup date, click the checkbox to certify you have completed the event requirements, then click **Record**.

Screenings and Point Election

Dental Exam 2

Open date: Jul 1

Close date: Dec 31

Getting dental exams twice a year helps prevent cavities, gum disease, and other oral issues while supporting overall health by reducing risks like heart disease and infections. Proof of completion not required but you may be randomly asked to provide verification.

Completed: mm/dd/yyyy



☐ I have completed the event requirements.

Cancel


Record

Dental Exam Self-Reporting Confirmation

(same for those who are or are not on the medical plan)

1. In the wellness portal, see the section that includes **Dental Exams (or Screenings) and Point Election**.
2. Click the **Recorded** tab and you will see the **Dental Exam** listed with the completed (visit) date and the date you recorded it on the website.

EXAMPLE

Dental Exams and Point Election 

You may be randomly asked to provide documentation of your dental exam completion.

There are open events available.

Available Upcoming **Recorded**

Event	Completed	Recorded	Points
Dental Exam 1	Mar 11	Jun 24	0

Pinellas County Wellness Incentive Program
www.pinellas.gov/wellness-incentives

