Self-Reporting Help Guide:
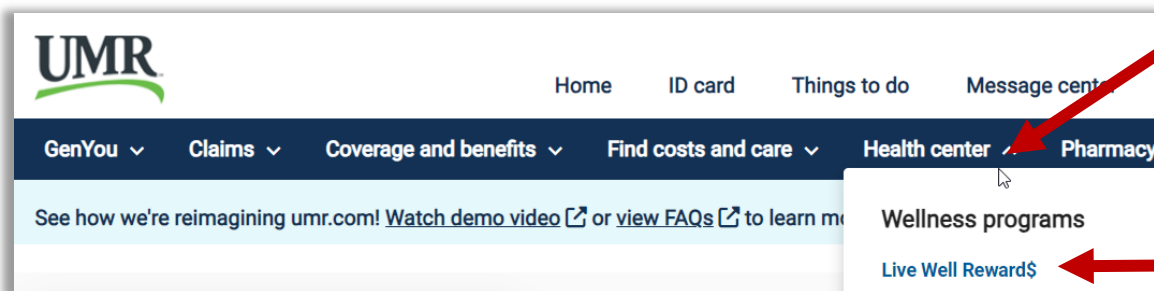# Dental Checkups and Skin Screenings

- In 2026, dental checkups and skin screenings *must* be self-reported to earn an incentive.
- **Dental Checkups**: Earn $25 or 6,250 rewards points for a regular dental 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, 2026 (you will *not* be able to enter checkup 1 after June 30).
        - Checkup 2: Visit from July 1 – December 31, report by December 31, 2026.
- **Skin Screenings**: Earn $50 or 12,500 reward points for a preventive skin cancer screening. Visits for other reasons, including biopsies and other procedures, do not qualify.
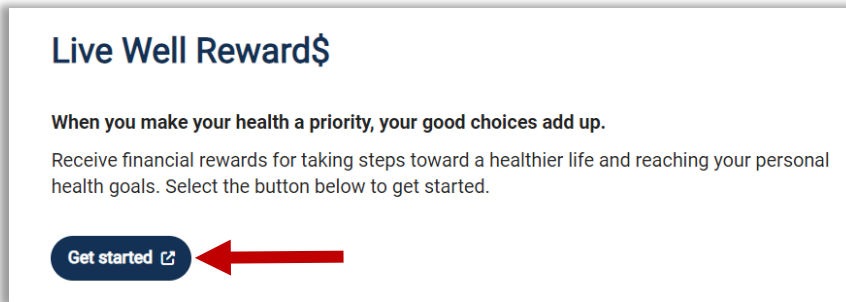
NOTE:
- Proof of screening is not required when self-reporting, but all self-reported activities are subject to random audit, per the Wellness Program Incentive Rules and Guidelines.
- See Opt Out Instructions for those who opt out of the County's medical plan.
- See Confirmation Instructions to confirm that you reported a screening successfully.

Medical Plan Participant: Report a Dental Checkup and Skin Screening
(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$.

Live Well Reward$

When you make your health a priority, your good choices add up.

Receive financial rewards for taking steps toward a healthier life and reaching your personal health goals. Select the button below to get started.
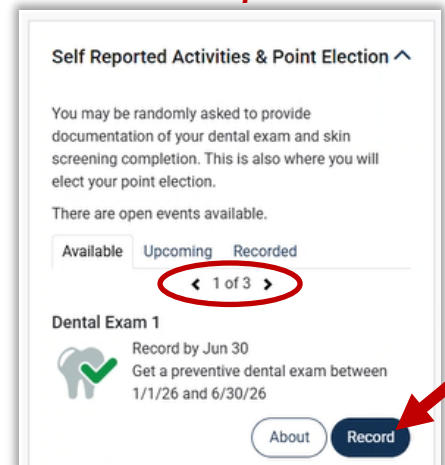
Get started ⧉

4. In the Live Well Reward$ Wellness Platform, go to the column on the right, and scroll to the **Self-Reported Activities and Point Election** section.

Use the arrows (indicated with the red circle at right) to move left or right and locate *Dental Exam* (Example 1) or *Skin Cancer Screening* (Example 2).
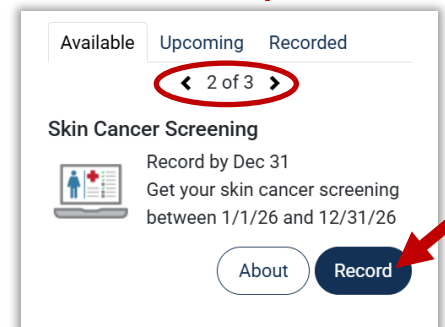
Click **Record**.

NOTE: For dental, you will only see Dental Exam 1 or 2, not both, depending on the current qualifying period. You cannot enter Exam 1 after June 30.
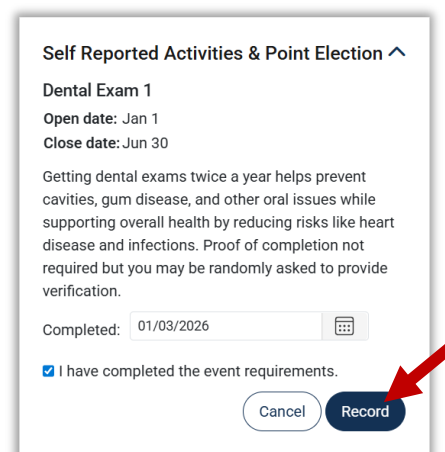
Example 1: Dental

Self Reported Activities & Point Election ⌄

You may be randomly asked to provide documentation of your dental exam and skin screening completion. This is also where you will elect your point election.

There are open events available.

Available | Upcoming | Recorded

‹ 1 of 3 ›

Dental Exam 1
Record by Jun 30
Get a preventive dental exam between 1/1/26 and 6/30/26

About | Record

Example 2: Skin

Available | Upcoming | Recorded

‹ 2 of 3 ›

Skin Cancer Screening
Record by Dec 31
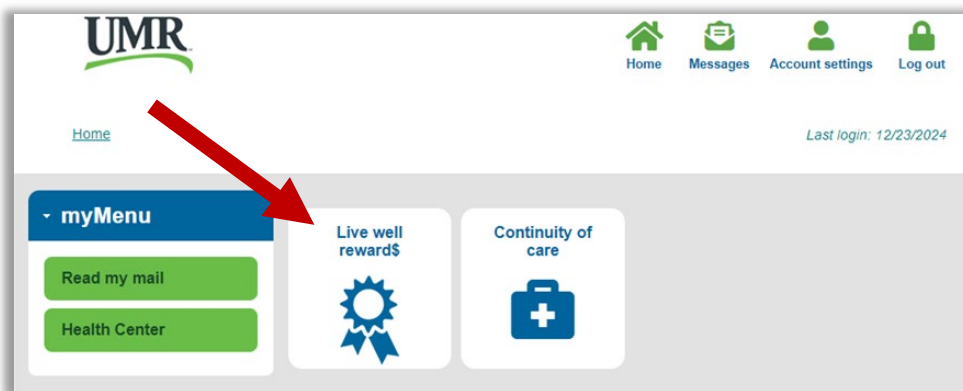Get your skin cancer screening between 1/1/26 and 12/31/26

About | Record

5. Complete the following items:
   a. Click the calendar and select the date of your dental exam or skin screening.
   b. Click the checkbox to certify you have completed the event requirements.
   c. Click **Record**.
   d. NOTE: If you mistakenly enter the date for a different activity, click *Cancel* and then use the arrows to scroll to the desired option.

Self Reported Activities & Point Election ⌄

Dental Exam 1
Open date: Jan 1
Close date: Jun 30

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: 01/03/2026 📅

☑ I have completed the event requirements.

Cancel | Record

Opt Out: Self-Report Dental Checkup or Skin Screening
(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 Reward$* 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.
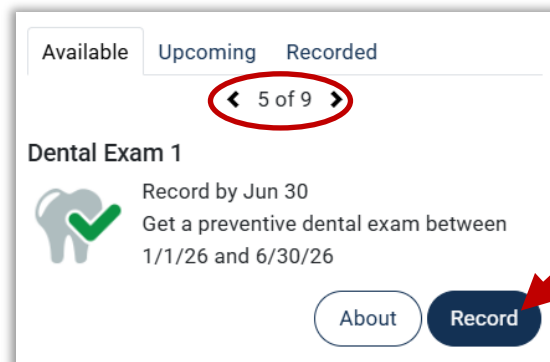
There are open events available.

Available   Upcoming

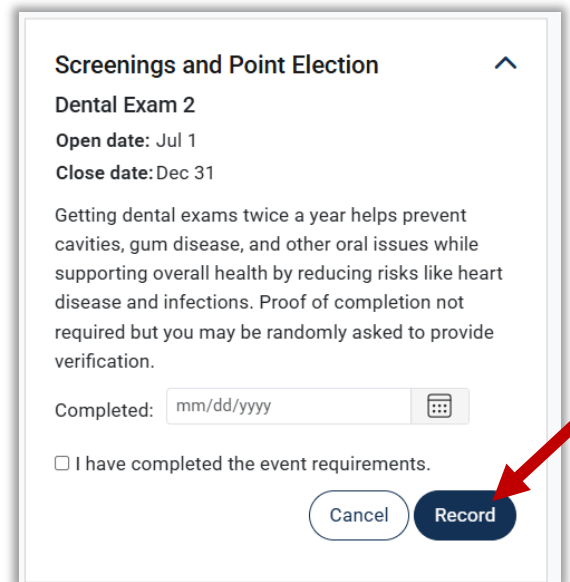4. Locate the **Dental Exam** (or **Skin Screening**) option and click **Record**.

   Use the arrows (indicated with the red circle at right) to move left or right to locate the desired activity.

   NOTE: For dental, you will only see Dental Exam 1 or 2, not both, depending on the current qualifying period. You cannot enter Exam 1 after June 30.

DENTAL EXAMPLE

Available   Upcoming   Recorded

‹ 5 of 9 ›

Dental Exam 1

Record by Jun 30
Get a preventive dental exam between 1/1/26 and 6/30/26

About   Record

5. Click the calendar and select your dental exam (or skin screening) 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.
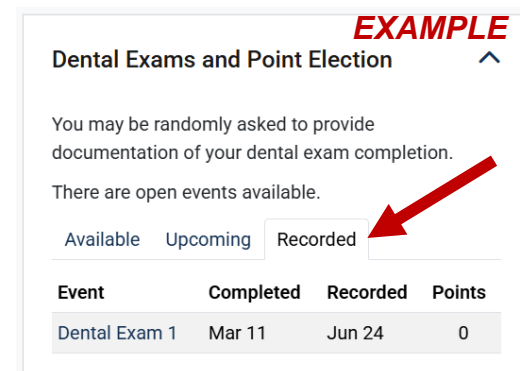
Completed: [mm/dd/yyyy] 🗓

☐ I have completed the event requirements.

(Cancel) (**Record**)

Self-Reporting Confirmation
(same for those who are or are not on the medical plan)

1. In the wellness portal, see the section for **Self-Reported Activities** (**Screenings**) **and Point Election**.

2. Click the **Recorded** tab and you will see **Dental Exam (or Skin Screening)** 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

WELLNESS *for life*
Physical | Emotional | Social | Financial