

Workplace *Wellness*



Alexander County Wellness Credit Incentive 2014/2015

The wellness program for the 2014/2015 plan year includes the following requirements to receive the wellness incentive credit of **\$50** per pay period beginning July 1st, 2015:

1. **Health screening** – completed on-site in August 2014
 2. **Health assessment** – completed on-line in October/November 2014
 3. **Tobacco Affidavit** – returned to Kim by September 30, 2014
 4. **Minimum of two visits with Health Coach** - on-site
 - First visit must occur between July 1st and December 31st, 2014
 - Follow up visit(s) must occur between January 1st and May 31st, 2015
 5. **Accumulate 15 wellness activity points** – by May 31st, 2015 (details on back)
- Each requirement must be met in the allotted time frame to continue to qualify for the wellness credit. Failure to meet the credit in the allotted time frame will result in immediate disqualification of the credit incentive.

Dependents age 18+

- If you carry dependents age 18+ on your medical insurance through Alexander County, then they must also complete Steps 1-3 for you to receive the \$50 credit
- Step 1 (health screening) must be completed by their physician and turned into Kim by May 31st, 2014

Workplace *Wellness*

Biometric Standards

Biometric Standards

BMI < 28.0

Blood Sugar < 120

LDL < 130

Tobacco use = 0

Wellness Program Activity	Point Value	Point Max
Preventative Care Adherence - BlueCross	4	4
Participation in YMCA – average 2x per week	8	8
Custom Physical Activity-Log 30 min/day average of 2x per week (Tennis/Running/Walking/Biking, etc.)	8	8
Completion of Tobacco Cessation Program	3	3
Completion of Weight Loss Program	3	3
Attend Lunch & Learns	1	5
Completion of Running/Walking Race: 5K	2	8
<i>Any Race Longer Than a 5K</i>	3	6
Completion of a County Walking Challenge	3	3
Participation in County Recreation Event	1	5
Completion of Dental Exam	1	1
Completion of Vision Exam	1	1
Meeting ALL Biometric Standards	5	5
Getting Flu Shot	1	1
Online Monthly Seminars - BlueCross	1	4
Healthy Living Programs - BlueCross	2	4

Your health plan is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Kim Stine at 635-8033 and she will work with you to find a wellness program with the same reward that is right for you in light of your health status.