

2017 Wellness Incentive Program



Part 1: You Must Complete Both of the Following:

Wellness Visit - Having a yearly wellness visit is a great opportunity to take charge of your health. A routine health care visit can help find problems early or prevent health problems before they occur.

One age appropriate preventative screening - examples are dental or vision exam, colonoscopy, mammogram, skin cancer screening or full lab workup.

Part 2: Choose 8 of the Following to Complete:

- Personal Wellness Profile
- Complete 100 daily challenges
 - Log 2 million steps
- Log an exercise 10 different days in one calendar month
- Log food consumption on 10 different days in a calendar month
 - Complete "Day to Day Goals" status 10 times
 - Participate in the Commissioners Cup 5k
 - Volunteer 6 hours
 - Donate Blood
 - CPR/AED Certified
 - First Aid Certified
 - Complete a Coaching Session
 - Watch a Safety Training Video
 - Complete 4 Monthly Wellness Activities
 - Complete 2 Quarterly Wellness Challenges
 - Attend 2 Financial Wellness Presentations
 - Complete the Couch to 5k Program
 - Attend 1 "Wellness over Lunch" Presentation
 - Complete 6 5k's with the Weld County 5k Club
- Quit Smoking and Log 30 Days Being Smoke Free

What is your Incentive???

Employee or Spouse that has been employed by Weld County Health prior to 2017 and is enrolled in County Insurance - you will be working toward a **\$300 reward** that will be awarded on your December 31st paycheck. Both Employee and Spouse rewards will show up on employee's paycheck.

New Employee for 2017 that is enrolled in Weld County Health Insurance - you will be eligible for a **\$100 reward** that will be awarded to you on your December 31st paycheck.

If you have any questions about the Incentive Program please contact Kelly Leffler at kleffler@weldgov.com or 970-400-4220

