



WCSD WELLNESS INCENTIVE PROGRAM CREDIT ACTIVITY OPTIONS

Employees will need to complete **6** wellness incentive points **and** the on-line SelectHealth Health Risk Assessment by June 30, 2017 for the benefit year that begins on August 1, 2017.

All benefited employees and their spouses that wish to have the wellness premium discount of \$50 for employee and \$50 for spouse in the 2017-2018 benefit year will need to complete the wellness incentive points by June 30, 2017.

1) Both employee and spouse need to complete 6 wellness credits (2 preventive and 4 wellness options). The Wellness Incentive Credits will need to be entered on the WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

2) Both employee and spouse need to have a preventive care visit with your physician. *This visit counts as a preventive credit!* Have your glucose, blood pressure, and cholesterol tested. Annual preventive care visits should not cost benefited employees any out-of-pocket fees. The testing is comprehensive and your physician can work with you based on the results of the testing. You will need to enter the information in the SelectHealth on-line Health Risk Assessment once you have your results.

***Employees and spouses must complete the following by June 30, 2017 to be eligible for the wellness premium reduction (\$50 per employee and \$50 per spouse each month):

- *2 wellness incentive credits under Preventive (includes physical exam)
- *4 wellness incentive credits under Wellness Options
- *Complete the SelectHealth on-line Health Risk Assessment

PREVENTIVE HEALTH SCREENINGS (*Must do two of the following*): 1 credit each

No signatures/proof needed for these screenings. All information in insurance claims data could be subject to audits if used for wellness credits. Credits must be recorded on WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- Preventive Physical Exam
- Dental Exam
- Eye Exam
- Skin Cancer Screening
- Flu shot
- Shingles Vaccine- *only counts if recommended by Physician. Men and Women age 50 and above*
- Other immunizations
- Pap test (Cervical Cancer Screening) *Women age 21-65*

- Mammogram (Breast Cancer Screening) *Women age 40-74 unless directed by a doctor to do so earlier*
- Colonoscopy (Colorectal Cancer Screening) *Men and Women age 50-75- **will count for credit once every 10 years***
Insurance pays 100% for colonoscopies that are billed as preventive. If billed as diagnostic, your deductibles and copays will apply.

WELLNESS OPTIONS (Must earn 4 credits from any of the following categories):

Health Management:

No signatures/proof needed for these screenings. All information is in insurance claims data and could be subject to audits if used for wellness credits. Credits must be recorded on WCSO Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 1 credit: Prenatal Care throughout pregnancy
- 1 credit: Postpartum exam between 3 and 6 weeks after delivery
- 1 credit: Chronic Disease Management- *complete at least 1 visit to manage a chronic condition, or as recommended by your physician*

Coaching:

No signatures/proof needed for these activities. All information accessible to insurance and could be subject to audits if used for wellness credits. Credits must be recorded on WCSO Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 2 credits: Marquee Health Wellness Coaching Program- *Complete at least four sessions with a Marquee Health Wellness Coach. Telephonic personal coaching designed to help you improve your individual health needs, including financial fitness! Please contact Marquee Health at 800-882-2109. **This is a no fee service!***
- 2 credits: SelectHealth Disease Management with RN Case Manager- *Those eligible for this program will be contacted by a SelectHealth Nurse Case Manager. **This is a no fee service.***
- 1 credit: SelectHealth Online Digital Coaching Program- *Log on at: <http://selecthealth.org/>*
*Eight (8) Programs available: Relax, Nourish, Sleep, and more. **This is a no fee service.***
- 1 credit: Participation in Nutrition Counseling with LiveWell Registered Dietician. Call 435-251-3793 for more information. **Up to 5 free visits per year covered by insurance for most diagnosis.**
- 2 credits: "Weigh to Health" program through LiveWell center. Call 435-251-3793 for more information. **Can be covered up to 100% by insurance if individual meets some specific criteria.**
- 2 credits: Tobacco Cessation Program- *Complete at least four sessions with a Quitnow counselor (1-800-Quitnow). **This is a no fee service.***

Wellness Campaigns:

Complete instructions for each email campaign in order to receive credits at the end of each campaign. Credits must be recorded on WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 1 credit: Monthly GBS Healthy Habits E-Mail Campaign, beginning September 1st! *Complete each 4 weeks of emails for 1 credit each. (4 weeks=1 credit)*

September: Address your Stress

October: Crush Cancer

November: Financially Fit

December: Holly Jolly Holidays

January 2017-June 2017 to be announced

- 2 credits: Spring Into Motion Campaign: January 16th-March 10th –*Physical activity minutes competition between schools. **Online sign-up is on-going on WCSD Fitness website at <https://fitness.washk12.org/>. You must complete 600 minutes throughout the challenge to earn the wellness credit.***

Wellness Seminars:

No signatures/proof needed for these seminars. E-mails to sign up for the seminars will sent out within two weeks of each seminar date. Sign-up for seminars via e-mail notices. You must also complete the 2 week tracker with a goal following the seminar to receive the credit. Tracker will be available at the seminar. Credits must be recorded on WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 1 credit: The Power of Mindset (with completion of goal)
 - **August 31, 2016-4:30-5:30 Snow Canyon High School**
- **Additional seminars are to be announced**

Volunteer or Community Service:

Complete 'Volunteer or Community Service' form available on www.washk12.org **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.** Credits must be recorded on WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 1 credit: Volunteer and/or community service 2 month log- must volunteer a minimum of 60 minutes, 2x per week or equivalent. Must complete minimum of 60 minutes, 2x per week. Service time is unpaid, voluntary for an organization or group, freely offered time to take part in an enterprise or undertake a task, and not part of any employment or job description. **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.**

Weight Management:

Complete the 'Healthy Weight Verification' form available on www.washk12.org **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.** Credits must be recorded on WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 2 credits: Lose weight- *If your BMI is over 27 and you lose 10 pounds or more, provide a Physician, Physician Assistant, or RN signature for credit. Weight loss will need to be documented.*

Nutrition Options:

Complete 'Nutrition Verification' form available on www.washk12.org **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.** Credits must be recorded on WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 2 credits: Weight Watchers or other nutrition classes/program participation.
- 1 credit: Online food journal: 2 month log
- 1 credit: Meeting with a registered dietician (See "Coaching" section)

Suggested apps: My Fitness Pal, Lose it, Spark People, My Plate, Tap & Track

Exercise Options:

Complete log/form available on www.washk12.org. **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.** Credits must be recorded on WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 1 credit: Competitive Sports 2 month log- must exercise a minimum of 30 minutes, 3x per week or equivalent. **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.**
- 1 credit: Online Exercise Journal: 2 month log- must exercise a minimum of 30 minutes, 3x per week or equivalent. **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.** **Suggested apps: Fit Star, Nike + Training, SWorkit, Fitness Buddy, 7 min. Workout, Keelo, My Fitness Pal**
- 1/2 credit: Hiking challenge: Complete Hiking Verification log. Take a hike of 5+ miles roundtrip with an elevation change of at least 500 ft. to earn the credit. **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.**
- 1 credit: 10,000 steps a day-2 month log- must complete 10,000 steps a day for two months, minimum of 5 days a week. Track with Fitbit or any other step counting device on-line. **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.**

Races and Events:

Complete 'Races and Events Training Verification' Form available on www.washk12.org. **DO NOT TURN IN UNLESS YOU RECEIVE AN EMAIL THAT YOU ARE BEING AUDITED.** Credits must be recorded on WCSD Fitness website in order to get the wellness incentive premium discount at <https://fitness.washk12.org/>

- 1/2 credit: 5K Walk/Jog Race
- 1 credit: 10K Race or 30 mile bike race
- 2 credits: Half Marathon Race or 50 mile Bike Race or Sprint Triathlon
- 3 credits: Full Marathon Race or 100 mile Bike Race or Olympic Distance Triathlon
- 4 credits: Half Ironman or Full Ironman

*****There is an additional award incentive for any employee and spouse who completes 12 or more wellness incentive credits in the benefit year. The additional wellness credits must come from the wellness options categories, not from the preventive health screenings. With proper documentation of the 12 or more wellness credits, you can receive a prize (value of \$50) (limit 1 per employee and 1 per spouse per year)!**

****Please contact Tammara Robinson, Benefits Specialist, at 673-3553 x5119, if it is NOT possible for you to meet the credit requirements. We understand that there are certain conditions and situations that make this program difficult and we will work with you according to your individual needs.*