



2010 Wellness Incentive Program

Through this incentive program, employees can earn monthly prizes of cash or giveaways. Listed below are the list of eligible activities in a scorecard format that you can use to keep track of your performance and completion during the year.

ACTIVITIES	DATE Submitted/Earned
Complete an annual physical exam with personal physician	
Complete a dental check-up & cleaning	
Know your numbers – submit your key biometric values	
Calculate your Body Mass Index (BMI)	
Complete the Fruits & Vegetables tracking challenge (can be played twice during the year)	
Complete the Weight Maintenance tracking challenge (can be played twice during the year)	
Submit a healthy recipe (no more than two for the wellness year)	
Submit a health article for the Company Newsletter (no more than two for the wellness year)	
Vision Check-up	
Complete a pre-approved charity event involving a physical activity	
Complete a pre-approved sporting event involving a physical activity	
Earn or renew a CPR/First Aid certification	
Be tobacco free for at least six months	

Participation in any particular activity is voluntary and is on the employee's own time. All activities must be completed within the 2010 calendar year.

Incentive Procedures and Requirements:

- To be eligible for a monthly incentive, all completed activities must be submitted on the required forms and submitted to the Premier Wellness Coordinator or their designee.
- Each accepted and approved activity will earn the participant one chance/ticket for the monthly drawing incentive prizes. An employee can complete as many activities as allowed.
- Drawings will occur at the end of every month. Monthly prizes are:
 - \$250
 - \$100
 - \$50
 - Other items as determined by the Premier Wellness Coordinator
- Employees are eligible to receive multiple monthly prizes, but are limited to only one prize per month.



Activity Information and Description

(See each of the documentation forms for more specific information and details.)

Have an Annual Physical

See your doctor for an annual checkup. Participants will need to submit proof of visit. See the documentation form for details.

Have a Dental Checkup and Cleaning

Get your teeth checked and cleaned. Participants will need to submit proof of visit. See the documentation form for details.

Know Your Numbers

Demonstrate your knowledge of your personal biometric measures for: blood pressure, total cholesterol, HDL cholesterol and glucose values. See the documentation form for more details.

Know Your Body Mass Index

Determine your BMI and identify if you're a healthy weight or overweight. See the documentation for details.

Get a Vision Exam

See your doctor for an annual visual exam. Participants will need to submit proof of visit.

Participate in a Pre-approved Charity or Sporting Event Involving Physical Activity

Be active and support a good cause at the same time. You must get the event pre-approved before participating. See the documentation form for details.

Monthly Wellness Tracking Challenges

Try one of the monthly challenges involving fitness, weight management or fruits & vegetables consumption. Simply record over one month's time your completion of the requirements listed on the documentation form. Each challenge may be repeated once during the year for incentive/prize purposes. The health activity requirements are:

Fitness: Record a minimum of 150 minutes/week of moderate physical activity for the month.

Fruits & Vegetables: Record a minimum of 125 servings, (an average of at least 5 servings of fruits and vegetables for 5 days/week).

Weight Management: Your weight on the last day of the month must be equal to or less than your weight on first day of the same month. You must weigh-in with the Premier Wellness Coordinator or designee on both days.

Submit a Health Article for the Company Newsletter

Your article must be health and lifestyle related. You may earn an incentive for up to two articles for the year. See the documentation form for details.

Submit a Healthy Recipe



Your recipe must have health benefits in terms of being low-fat and/or low-caloric, etc. You may earn an incentive for up to two recipes for the year. See the documentation form for details.

Earn or Renew a CPR/First Aid Certification

Learn how to save a life or treat an injury. Get certified in an American Heart or American Red Cross CPR/First Aid course. See the documentation form for details.

Be Tobacco Free for Six Months

Be smoke free and tobacco free for at least six consecutive months during the year. See the documentation form for details.

Note:

All private health information shared with the Premier Wellness Coordinator or designee through your involvement in the program is strictly confidential. No other individual or entity will have access to this information without your expressed consent.

Also, if it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, contact the Program Coordinator and he/she will work with you to develop another way to qualify for the reward.