

## Wellness Program Incentives

Activity	Requirements	Points per Activity	Maximum Points per Activity
Annual Physical	EOB to Healthy Solutions	75	75
Annual Dental Visit	EOB to Healthy Solutions	50	50
Annual Vision Exam	EOB to Healthy Solutions	50	50
Biometrics	Participate onsite screening	75	75
Preventative Services:	EOB to Healthy Solutions max 3 screenings	50	150
IE: Mammogram, PSA Testing, Colonoscopy, OBGYN Visit, Skin Cancer Screening			
Flu Shot	Complete onsite flu shot or EOB to Healthy Solutions	25	25
Track food, steps, water-daily	Diary turned into HS each month	10	70
Non-Smoker Affidavit	Signed affidavit each year	50	50
Smoking Cessation Program	Participation in smoking cessation program (90% attend)	50	50
Gym Membership	Proof of Minimum 75 visits per year	100	100
Run/Walk race 5K, 10K etc	Proof of Participation to HS	50	200
Fitness Classes: ie Yoga, Spinning, water aerobics, aerobics, etc	Proof of 80% attendance to HS per class (max 6 classes)	25	150
Nurse Consultation-onsite weigh-in, BP	Nurses onsite monthly-employee must be seen 10 times	10	100
Participation in independent weight mgmt program. IE: Weight Watchers, Jenny Craig	Proof of participation to HS Minimum 3 months	50	100

### EOB=Explanation of Benefits

Proof of Participation goes to Healthy Solutions Nurse Patrice

HS=Healthy Solutions (Nurse Patrice)

<b>Gold-300 points</b>	<b>Eligible \$12.50 Wellness bonus per pay period</b>	<b>Total \$300</b>
<b>Silver-200 points</b>	<b>Eligible \$8.25 Wellness bonus per pay period</b>	<b>Total \$198</b>
<b>Bronze-100 points</b>	<b>Eligible \$5.00 Wellness bonus per period</b>	<b>Total \$120</b>

Purpose of going to "point" system is to try to engage employees to take more responsibility for lifestyle choices

All explanation of benefits and other "proof" would be turned in to Healthy Solutions nurse at monthly visits.  
This information is protected under "HIPPA"








HASLC would award "Wellness Bonus" starting January 2019 based on points earned during 2018  
Healthy Solutions would supply a report at the end of 2018 listing employees and points accumulated and quarterly updates to participating employees.

All employees could participate in "Wellness Program" whether covered under medical insurance or not

Participation in "Wellness Program" is voluntary

Healthy Solutions nurse would come 2nd Wednesday of every month  
8 AM - 11 AM (Noon if needed)

# Weekly Food Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
Calories							
Water							
Exercise							

**HOUSING AUTHORITY OF ST. LOUIS COUNTY**  
**Wellness Program Participant Form**  
**2018**

\_\_\_\_\_ I certify I am NOT a smoker effective January 1, 2018  
(will receive 50 points toward my 2019 wellness bonus)

Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_