

2016-2017 Monthly Wellness Incentives

3 Earnable Incentives:

Participation \$50—

complete blood draw and have a blood pressure measurement

Good Health \$50—

fall within guidelines for TWO of THREE of the parameters in red

Tobacco \$30—

no tobacco use established by a swab test, or completion of a tobacco cessation program

	<i>Parameter</i>	<i>Description</i>	<i>Incentive</i>
<u>Participation Incentive</u>	Blood Draw & Blood Pressure	Complete	\$50
<u>Good Health Incentive</u>	Blood Pressure	Less than or equal to 120/80 mm Hg	2 out of 3 = \$50
	Cholesterol	Cardiac ratio less than or equal to 4.4	
	Glucose	Less than or equal to 100 mg/dL	
<u>Tobacco Free Incentive</u>	Tobacco Swab	No Tobacco Use or Completion of Cessation Program*	\$30
TOTAL INCENTIVE	Can be earned by both Employee and Spouse on District Health Insurance		Up to \$130 monthly or \$1560 annually per person

*For information on Tobacco Cessation Program, please contact Wellness and Safety Manager.