

Wellness Program



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Miami County supports a wellness program for its benefit eligible employees. We encourage all employees to make healthy lifestyle choices and keep up with preventative care appointments.

The Wellness Program Action Plan below shows the requirements for participation in the program. Point values have been assigned to each item.

WELLNESS PROGRAM ACTION PLAN

ACTION	POINTS	TOTAL
Lab Work – REQUIRED to be in the Wellness Program	1,500 points @ 1 per year	1,500
Preventative Care Appointments		300
Health	100 @ 1 per year	
Vision	100 @ 1 per year	
Dental	50 @ 2 per year	
Health Trackers* – must complete at least 4	50 @ 4 per year	200
TOTAL REQUIRED POINTS		2,000

Incentives for participating in the Wellness Program

\$25 Gift Card Completion of wellness lab work

Quarterly drawing for 4 hours Personal Reward Leave:

1 st quarter drawing	Completion of lab work	September, 2016
2 nd quarter drawing	Submission of Health Appointments	December, 2016
3 rd quarter drawing	Submission of at least 4 health trackers	March, 2017
4 th quarter drawing	Participation in Wellness Day	June, 2017

\$25 Gift Card Attainment of required action plan points 2,000 by July, 2017

Human Resources will administer the tracking of action plan items. All supporting documentation will be completely confidential and once logged will be destroyed or returned to the employee, according to the employee's request. You only need to submit **proof of visits** to healthcare providers, **not WHY you were seen**. Please submit your healthcare visits or completion of a health tracker to Linda Taylor in Human Resources.

*Examples of Health Trackers attached.

Examples of Health Trackers



- Gym membership bill
- Gym exercise log
- Home exercise routine (walk 5 miles every day, treadmill 3x per week, etc.)
- Walk Kansas mileage log (annual program through K-State Extension Office)
- Weight Watchers or other diet program log or bill
- Note from Nutritionist
- Note from doctor stating that a Smoking Cessation prescription has been provided
- Note stating that you participated in any type of physical activity i.e. golfing, swimming, water aerobics, farming, mowing, gardening, etc.
- *This will count as **one** exercise tracker per different activity. You cannot count 10 times of gardening as 10 health trackers only as one health tracker, but you can count walking as one health tracker, swimming as one health tracker etc.*
- Regularly check your blood sugar if diabetic.
- Note from your doctor with blood pressure reading
- Flu shot
- Another type of immunization (Hepatitis, pneumonia, tetanus, etc.)
- Blood Donation
- Bone density screening
- Mammogram
- CAT Scan
- MRI
- Colonoscopy
- PSA screening
- Self-breast exams
- Pap Smears
- Chiropractor Visits
- Wellness Event – County Wellness Day, local hospital wellness fair, attend wellness/health conference, etc.

****Human Resources does not require any test/lab results for your health trackers or doctor visits. Documentation on provider letterhead, date you were seen and why, i.e. annual physical, well woman/man exam, etc.**