Wellness at

2012 Wood County Wellness Program

Our 2012 Wellness Program includes a new point system that gives you more flexibility to receive cash incentives for wellness activities. The 2012 plan runs from September 2011 through August 2012. There are many opportunities for you to earn money as you learn more about your health, make lifestyle improvements, achieve your wellness goals, and have fun participating in group or individual activities.

To help you understand more about the new cash incentive plan, here are some helpful tips:

How do I become eligible for the cash incentives?
Benefit eligible employees need to complete two foundation steps:

1. Participate in the Health Risk Assessment (HRA) with biometric screening
2. Set a wellness goal with a Health Coach

After completing these two steps, you'll become eligible for earning quarterly cash incentives, totaling $175 dollars.

Why are we receiving cash incentives instead of discounted insurance rates?
Both options were evaluated and the reward value for employees was higher with the cash incentives. Wood County leaders want their employees to embrace healthy lifestyles, and they are showing their support for wellness by rewarding participation through this new cash incentive plan.

How do I participate in wellness activities?
Once you complete the two foundation steps, you have the flexibility to select programs and activities of interest to earn your quarterly points. The Wellness Calendar below includes all of the annual wellness opportunities. Each activity and point value is described in the Wellness Outline below, and you will receive detailed information prior to the start of each program through the new wellness e-mail account – **wellness@co.wood.wi.us**. Program activities must be completed from start to finish, including survey evaluations to earn designated points.

Can I still participate in wellness activities if I don't take the HRA?
Absolutely! Wellness activities are available for all Wood County employees. We encourage you to participate in as many wellness activities as you would like. However, cash incentives are only available for employees who complete the two foundation steps.

Who do I contact with questions?
If you have questions, please contact the Wood County Wellness Coordinator, Renee Fox at wellness@co.wood.wi.us or 715.421.8428.

Wellness at

2012 Wellness Calendar

Foundation Wellness Activities	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	Aug	Pts
HRA ~ *Health Risk Assessment*		X											**1500**
Goal Setting ~ *Set Wellness Goal w/ Health Coach*		X	X										**150**
Primary Wellness Activities	**Sept**	**Oct**	**Nov**	**Dec**	**Jan**	**Feb**	**Mar**	**April**	**May**	**June**	**July**	**Aug**	**Pts**
Walking Challenge ~ *Physical Activity (PA) Challenge*					X	X	X						**1000**
Back Care Program ~ *Prevention Program*							X	X	X				**1000**
Nutrition Challenge ~ *Healthy Eating Challenge*										X	X	X	**1000**
Medical Self-Care ~ *Prevention/Primary Care Visit*	X	X	X	X	X	X	X	X	X	X	X	X	**1000**
Goal Completion ~ *Achieve Wellness Goal*	X	X	X	X	X	X	X	X	X	X	X	X	**100**
Secondary Wellness Activities	**Sept**	**Oct**	**Nov**	**Dec**	**Jan**	**Feb**	**Mar**	**April**	**May**	**June**	**July**	**Aug**	**Pts**
Annual Influenza Vaccination ~ *Flu Vaccination*		X											**150**
Self-Directed Fitness ~ *PA Tracking*	X	X	X	X	X	X	X	X	X	X	X	X	**50 mo/600 max**
Community Weight Loss ~ *Weight Loss Programs*	X	X	X	X	X	X	X	X	X	X	X	X	**25 (4 mtgs)/300 max**
Maintain Not Gain ~ *PA & Nutrition Challenge*			X	X									**500**
Stress Reduction Challenge ~ *Lifestyle Challenge*								X	X				**500**
Bike to Work Week ~ *PA Challenge*										X			**250**
Dental Exam ~ *Prevention*	X	X	X	X	X	X	X	X	X	X	X	X	**150**
Purchase CSA or Grow Food ~ *Nutrition Activity*	X	X	X	X	X	X	X	X	X	X	X	X	**250**
Community Volunteer ~ *Lifestyle Activity*	X	X	X	X	X	X	X	X	X	X	X	X	**100**
Level 1 Fitness Event ~ *Community PA Event (5k etc)*	X	X	X	X	X	X	X	X	X	X	X	X	**75 each/300 max**
Level 2 Fitness Event ~ *Community PA Event (10k etc)*	X	X	X	X	X	X	X	X	X	X	X	X	**500**
Smoking Cessation ~ *Classes or Support Group*	X	X	X	X	X	X	X	X	X	X	X	X	**150**
Smoke Free ~ *Nicotine or Tobacco Free*	X	X	X	X	X	X	X	X	X	X	X	X	**250**
Educational Wellness Activities	**Sept**	**Oct**	**Nov**	**Dec**	**Jan**	**Feb**	**Mar**	**April**	**May**	**June**	**July**	**Aug**	**Pts**
Fitness Assessment ~ *PA Assessment*		X						X					**100**
Health Fair ~ *Wellness Education*		X											**0**
Lunch N Learn ~ *Wellness Education*	X	X	X	X	X	X	X	X	X	X	X	X	**25 each/100 max**
Living Well in Wood County ~ *Newsletter*		X			X			X			X		**0**
Website ~ *Wellness News & Program Tracking*	X	X	X	X	X	X	X	X	X	X	X	X	**0**

2012 Wellness Outline

Quarter 1: Sept - Nov		
Activity	**Point Value**	**Total Points Possible**
HRA	1500 *required for eligibility of wellness program*	1500
Goal Setting with Health Coach	150 *required for eligibility of wellness program*	150
Annual Influenza Vaccination (free flu vaccination during Health Fairs)	150	150
Fitness Assessment	100	100
Self-Directed Fitness (walking, running, going to the gym, biking, etc)	50 points each month	150
Community Weight Loss	25 points for every 4th meeting	75
Lunch N Learn	25	25
Total Points for this Quarter:		2150
**** 1800 points = $100.00**		

Quarter 2: Dec – Feb		
Activity	**Point Value**	**Total Points Possible**
Maintain Not Gain	500	500
Walking Challenge	1000	1000
Self-Directed Fitness (walking, running, going to the gym, biking, etc)	50 points each month	150
Community Weight Loss	25 points for every 4th meeting	75
Lunch N Learn	25	25
Total Points for this Quarter:		1750
**** 1000 points = $25.00**		

Quarter 3: March - May		
Activity	**Point Value**	**Total Points Possible**
Stress Reduction Wellness Challenge	500	500
Fitness Assessment	100	100
Back Care Wellness Program	1000	1000
Self-Directed Exercise (walking, running, going to the gym, biking, etc)	50 points each month	150
Community Weight Loss	25 points for every 4th meeting	75
Lunch N Learn	25	25
Total Points for this Quarter:		1850
**** 1000 points = $25.00**		

	Quarter 4: June – Aug	
Activity	**Point Value**	**Total Points Possible**
Nutrition Wellness Challenge	1000	1000
Bike Week	250	250
Self-Directed Exercise (walking, running, going to the gym, biking, etc)	50 points each month	150
Community Weight Loss	25 points for every 4th meeting	75
Lunch N Learn	25	25
Total Points for this Quarter:		1500
**** 1000 points = $25.00**		
	A' la carte Wellness Activities (May be used in any Quarter)	
Activity	**Point Value**	**Total Points Possible**
Medical Self-Care (Annual Physician Visit)	1000	1000
Dental Exam	150	150
Achieve Goal that was set with Health Coach	100	100
Participate in CSA or grow your own garden	250	250
Volunteer in your community	100	100
Level 1 Activity: Participate in a community fitness event (5K, 10-25 mi bike event, etc)	75 (up to 4 events per year)	300
Level 2 Activity: Participate in an advanced community fitness event (10K, half-marathon, marathon, triathlon, organized bike ride of 25 miles+, etc)	500	500
Attend a smoking cessation class or support group -OR-	150	150
If you are nicotine or tobacco free	250	250
Other Wellness Activities (must be approved by Wellness Coordinator)	Value determined by Wellness Coordinator/ Committee	
Total Extra Wellness Points Possible		2775+