



Wellness Incentive Plan 2013

STEP: 1 (Must be completed first)

Complete an annual Health Risk Assessment (HRA)
Administered by Healthy Lifestyles.
Register at myhealthlifestyles.com
then click on "Health Assessment."
See FAQ's section for specific data required to be input.



STEP: 2

After HRA is completed, earn bonus rewards when you qualify for one of the categories determined by the information below.

NAVY RACER - Earn \$50 Reward

Must meet 6 of the 11 requirements below:

If biometric values do not fall within the ranges listed in the Gold or Silver Racer, employees may be eligible for the Navy Racer if they provide documentation from a health care provider/physician indicating they are seeking the provider's assistance in addressing one or more of the following criteria:

1. **Weight loss to influence BMI/Body Composition**
2. **Management of blood pressure**
3. **Addressing elevated blood glucose levels**
4. **Addressing elevated lipids**
5. **Participating in other disease management programs**

6. Complete 3 "Lunch & Learn" and/or "Read and Learn" sessions during the tracking period.**
7. Complete a health and/or wellness class with a passing grade.**

8. Perform physical activity on average ≥ 2 days per week, a minimum of 30 minutes at a moderate intensity.**
9. Abstain from tobacco products or provide documentation of involvement in an approved cessation program.**
10. Get a Flu Shot (1 per year) or other appropriate vaccinations.**
11. Preventive examination.**

SILVER RACER - Earn \$100 Reward

Must meet 8 of the 13 requirements below:

1. **BMI:** <30 or **Body Composition** of 27.5-35% for women, and 19.5-25% for men*
2. **Blood Pressure:** $\leq 135/85^*$ (Requires ≥ 2 recordings w/ at least 1 month between recordings)
3. **Fasting Glucose:** $\leq 125^*$
4. **Triglycerides:** $\leq 200^*$
5. **HDL:** $\geq 40^*$
6. **LDL:** $\leq 120^*$
7. **Bone density screening or diagnostic test considered in the normal range based on age and gender.**
*or show 10% improvement from a screening within the last calendar year if abnormal (for any of the above)

8. Complete 3 "Lunch & Learn" and/or "Read and Learn" sessions during the tracking period.**
9. Complete a health and/or wellness class with a passing grade.**

10. Perform physical activity on average ≥ 2 days per week, a minimum of 30 minutes at a moderate intensity.**
11. Abstain from tobacco products.
12. Get a Flu Shot (1 per year) or other appropriate vaccinations.**
13. Preventive examination.**

GOLD RACER - Earn \$150 Reward

Must meet 8 of the 13 requirements below:

1. **BMI:** < 25 or **Body Composition** of 22-27% for women, and 15-19% for men*
2. **Blood Pressure:** $\leq 120/80^*$ (Requires ≥ 2 recordings w/ at least 1 month between recordings)
3. **Fasting Glucose:** $\leq 100^*$ or hemoglobin A1C <7.5
4. **Triglycerides:** $\leq 150^*$
5. **HDL:** $\geq 50^*$
6. **LDL:** $\leq 100^*$
7. **Bone density screening or diagnostic test considered in the normal range based on age and gender.**
*or show 10% improvement from a screening within the last calendar year if abnormal (for any of the above)

8. Complete 3 "Lunch & Learn" and/or "Read and Learn" sessions during the tracking period. **
9. Complete a health and/or wellness class with a passing grade.

10. Perform physical activity on average ≥ 3 days per week, a minimum of 30 minutes at a moderate intensity.
11. Abstain from tobacco products.
12. Get a Flu Shot (1 per year) or other appropriate vaccinations.**
13. Preventive examination.**

** See FAQ's for specifics and clarification. Only one reward given per tracking period. Plan guidelines subject to change. **EFFECTIVE DATES: January 1, 2013, to December 6, 2013.** Completed Incentive Plan packets are due to Health Services in Wells Hall by 4:30 p.m. on Friday, December 6.