



# Be Well Rewards 2018

**Payout Scale: 8 pts=\$100, 9 pts=\$150, 10 pts=\$200**

POINTS	ACTIVITY	DOCUMENTATION (submit as you complete)
<b>REQUIRED ACTIVITIES</b>		
1	Health Risk Assessment (HRA) Free to be completed by employees, completely confidential, anonymous	Be Well retains a record of completion, automatically generated upon online completion
1	Well visit or physical exam or annual OB/GYN exam to be completed by employee	Verification form completed by Health Care Provider
<b>To be eligible for the payout at the end of each calendar year, both of these activities must be completed and documented.</b>		
<b>HEALTH SCREENINGS</b>		
Worth 1 Point Each	Annual Flu shot in 2018	Verification form completed by Health Care Provider
1	Annual reporting of Healthy Blood Pressure	
1	Annual reporting of Healthy Cholesterol Ratio	
1	1 Routine Vision Exam Per Year	
1	Annual reporting of Healthy Blood Glucose levels	
1	Not Smoking ( <i>non-smoker or smoking cessation</i> )	
1	Annual Well Care Visit of Spouse or Child* †	
1	Body Mass Index (BMI) < 30 Or 20 pound weight loss in past 6 months	
Up to 3 max.	Preventative Health Screening as recommended by Primary Care Provider** One point for each unique screen	
1	2 Routine Dental Exams Per Year ( <i>must have 2 exams to receive 1 point</i> )	
<b>Be Well Activities</b>		
Worth 1 Point Each	Spring Walking/Fitness Challenge	Online registration record
1	Fall Walking/Fitness Challenge	
1	Other Be Well Wellness Activities as Announced	
1	New Year, New You Behavior Change Contract	
1	Health, Wellness & Open Enrollment Fair Attendance	Record from registration table
1	Health/Behavior Change Coaching	Be Well retains record of completion
1	Be Well Behavior & Interest survey ( <i>Free &amp; anonymous; issued in November each year</i> )	Be Well retains record of completion
1	MCC Be Well agreement ( <i>Full time employees receive a \$15/ month discount; <b>10 visits a month</b> usage minimum to receive your point</i> )	Sign Be Well MCC Agreement & submit to MCC staff when joining the Mansfield Community Center.

† Spouse or child must be on Town of Mansfield, Mansfield BOE, or Region 19 health insurance plan

\*You are not able to use your spouse if they too are an employee of Town of Mansfield, Mansfield BOE, or Region 19.

\*\* Examples of Preventative Screenings include, but are not limited too: mammograms, PSA, colorectal exam, hemoglobin A1C