

Activity/Requirements	Points
Gym attendance, team sports, or personal exercise program - Proof of attendance 8x/month. Points awarded monthly	1 pt/month, Max of 8
Annual physical/preventive exam - Submit form signed & dated by physician. Exam may be between dates of May 1, 2011 and April 30, 2012	5
Educational programs or activities - Attendance at program/completion of activity. Four will be offered	1 pt each, Max of 4
Biggest Loser - Follow program through completion	1
Weight Watchers or other weight loss program - Proof of attendance 1x/week. Points awarded monthly	1 pt/month, Max of 8
Participate in an official fitness event (5K/marathon/bike race) - Provide proof of participation. Maximum of 4 points for this activity. Documentation can include time to finish, registration form, race bib, etc.)	1 pt each, Max of 4
Wellness campaigns - Complete program requirements. Four will be offered	1 pt each, Max of 4
Flu shot - Provide proof of flu shot	1
Biometrics	
Body Mass Index < 30 - or 5% improvement in 8 months	5
Blood Pressure < 140/90 - or 5% improvement in 8 months	5
Blood Sugar (Glucose) < 100 mg/dL - or 5% improvement in 8 months	5
Total Cholesterol < 200 mg/dL - or 5% improvement in 8 months	5
HDL (good cholesterol) > 50 mg/dL for women or > 40 mg/dL for men - or 5% improvement in 8 months	5
LDL (bad cholesterol) < 120 mg/dL - or 5% improvement in 8 months	5
Triglycerides < 150 mg/dL - or 5% improvement in 8 months	5
Total Possible Points: 70	

Level	Points Needed	Incentive
1	50	Paid Day Off!
2	40	Gift Card (value of \$50)
3	30	Gift Card (value of \$15)

You may begin earning points on September 1, 2011.
 All documentation and activities must be completed by April 30, 2012.



*City of Glasgow Wellness Program
Annual Physical* Form*

An annual preventive exam will count for credit toward our 2011-2012 wellness program.
The exam must be performed between **May 1, 2011**, and **April 30, 2012**.

This form serves as verification that the below listed patient was seen in my office for an annual preventive or well exam

Patient Name (please print)

Signature of Physician or Nurse

Today's Date

_____/_____/_____
Date of Physical

*Annual preventive exams include any well-visit such as a PAP, mammogram, or regular physical.

Please fax securely to Kathy Radomski at Well-Score at 866.734.3250.

If you have any questions, please email
Kathy at wellness@peelholland.com.

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City of Glasgow *2011-2012 Wellness Program Overview*

Congratulations on your decision to participate in our wellness program! This page provides an explanation for the requirements listed on the second page.

You may start earning points for this program on September 1, 2011. All documentation for all program activities is due by April 30, 2012.

Point System

The wellness program is based on a points system, in which you have a variety of activities, each with a different number of points allotted to it, to choose from. You can choose the activities that appeal to you to earn your wellness incentive, then provide documentation of completing the activity to earn points. Each activity is designed to educate and encourage you to make healthy lifestyle choices.

Incentives

Incentives will be awarded in June 2012. You are in complete control over how many activities you wish to participate in, and therefore, how many points you will accumulate. All full time employees are eligible to participate and earn incentives.

Wellness Contacts

You may always contact your HR department with questions about the program, or you may choose to email Kathy Radomski, Corporate Wellness Specialist at Peel & Holland, at kathy.radomski@peelholland.com. Kathy will be tracking your activities as you turn in your documentation to HR. If you have any personal health information you would like to send directly to Well-Score for tracking purposes, please send via secure fax line to 866.734.3250. Please identify your employer in all correspondence.

Blood Screening & Biometrics

The results of your July 2011 blood screening will be used as a baseline. You will be screened again in March 2012. You will receive biometric credits if you maintain your levels within the stated ranges, or if you improve your levels by 5% over the course of the next 8 months.

Online Wellness System

Well-Score has invested in an online wellness portal, giving you unlimited access to your wellness activities wherever you have Internet access. You will have the ability to know exactly what activities you must complete in order to obtain the wellness incentive. The online system will also offer a resource library to answer any health-related question you may have, as well as electronic newsletters, an online health risk assessment and more! Instructions for accessing your wellness page will follow.

This wellness program is for you! Please have fun with it as you earn points toward your incentive, and most importantly, let's ***get healthy!***



*City of Glasgow
Wellness Program Employee Log*

Name: _____ Month: _____

Day	Activity	Duration	Day	Activity	Duration
1			17		
2			18		
3			19		
4			20		
5			21		
6			22		
7			23		
8			24		
9			25		
10			26		
11			27		
12			28		
13			29		
14			30		
15			31		
16					

*Some gym facilities are able to print an attendance record, which is acceptable for documentation.

Please fax securely to Kathy Radomski at Well-Score at 866.734.3250 at the end of each month. In order to receive credit, you must exercise at least 30 minutes each session with at least 8 sessions each month. You will receive 1 point each month if requirements are met.