

Wellness Incentive Form



Employee: _____

Department: _____

In order to receive the incentive, you must:

1. Complete two Wellness Activities between January 1 and April 30, 2019, with the exceptions of the following events offered by the County:
 - Flu Shot Clinic (9-21-18);
 - Crime Stoppers 5K on 10-20-18; and
 - Lunch and Learn on 9-27-18.
2. Complete the Health Risk Assessment and Biometric Screening in spring 2019.
3. Turn in forms to Human Resources by April 30, 2019.
4. Note: spouses are not required to participate in the Wellness Activities but are encouraged to do so.

Step 1

Check two activities completed. Submit documentation and signed Incentive Form to HR in one packet between April 1 – April 30, 2019.

X	Wellness Activity	Documentation
	Participate in the Crime Stoppers 5K – October 20, 2018. Click here to register.	None. Race registration check in will be provided to HR.
	Gym/home workouts Minimum of 2 workouts per week over an 8-week period	Log home workouts or provide gym sign in report.
	HealthyWage challenge beginning January 2019	None. Participant list will be provided to HR.
	Flu shot after September 1, 2018. Employees may participate in the Flu Shot Clinic with Sarpy County on September 21, 2018.	Documentation of immunization
	Sarpy County Lunch and Learn Events – <u>only one Lunch and Learn Event can count</u> towards the two required activities. First Lunch and Learn is 9-27-18. Second Lunch and Learn will be announced in January/February, 2019.	None. HR will document attendance.
	Complete two Sarpy sponsored webinars by clicking here . Webinars must be viewed in their entirety. No credit will be given for only partially completing the Webinar.	None. HR will receive notification of completion.

X	Wellness Activity	Documentation
	Two private health coach sessions with Sarpy County's nurse advocate. Email Heather Holloway by clicking here	None. HR will receive confirmation from nurse advocate
	Tobacco cessation program.	Documentation from program sponsor

Step 2

Attach any required documentation.

Step 3

Pick an incentive.

Note: In addition to the wellness activities above, you must complete the Health Risk Assessment in February, 2019 and Biometric Screening in March, 2019. Your incentive will not be available until we receive appropriate documentation indicated above and confirmation from Lockton that you (and your spouse, if applicable) completed the Health Risk Assessment and Biometric Screening. Incentives will be disbursed in May - June 2019.

X	Incentive
	<p>GIFT CARD*</p> <p>\$100 gift card for the employee; and \$50 gift card for spouse if spouse is on the County's health insurance and completes the HRA and Biometric Screening</p> <p>*Employee gift cards are taxable income</p>
	<p>VACATION LEAVE</p> <p>12 hours of vacation leave and 8 hours of vacation leave if spouse is on the County's health insurance and completes the HRA and Biometric Screening</p>

Step 4

Turn in this form to Human Resources between April 1 and April 30, 2019.