

Chart your course for health!



2016 Wellness Incentive Program

Participate in healthy activities, and earn up to 50,000 reward points or \$200 cash.

- ✓ **Eligibility:** All permanent employees enrolled in the Pinellas County Health Plan or opt-out as well as spouses/partners enrolled in the health plan are eligible. All activities are available to eligible employees as well their eligible spouses/partners, except the Wellness Learning Series which is available only for employees.
- ✓ **Total Available:** Employees may select a variety of activities to earn 100% in the [Rally portal](#) which equals **50,000 reward points or \$200 cash**.
- ✓ **Reward Points:** Points will be deposited into your [Pinellas County Rewards Program](#) account on a quarterly basis for redemption or points may be carried over indefinitely.
- ✓ **Cash:** Employees may [elect to have cash payments](#) in their paycheck in lieu of reward points.
- ✓ **Questions:** See [Quick Facts on 2016 Wellness Incentive Program](#).

Health Actions	Description	Rally %	Reward Points	Cash
NEW: Annual Physical	Once-a-year preventive medical exam	25%	12,500	\$50
NEW: Nutrition Challenge	4 weeks of food tracking and portion guidance	25%	12,500	\$50
NEW: 3 Rally Missions	Activities based on your health survey results	25%	12,500	\$50
Tobacco Cessation	6 weeks support to help quit tobacco use	50%	25,000	\$100
Weight Watchers	17 weeks to help you achieve your desired weight	50%	25,000	\$100
Wellness Learning Series	4 weeks of wellness education	50%	25,000	\$100
Get Fit	8 weeks of physical activity commitment	25%	12,500	\$50
Fruit & Veggie Challenge	6 weeks of eating fruits and vegetables	25%	12,500	\$50
Preventive Screenings	Colonoscopy, pap test or mammogram	25%	12,500	\$50
Telephone Coaching	Up to 6 months of personalized health coaching	25%	12,500	\$50
Disease Management	Manage a chronic diagnosis such as diabetes	50%	25,000	\$100
Healthy Pregnancy	Maternity support for pregnant women	up to 50%	up to 25,000	up to \$100



IMPORTANT: Completing your [biometric screening and online health survey](#) (formerly known as a health assessment) will earn you the preferred premium in 2017, preventing you from paying an additional \$500.