



2021 Wellness Incentive Program

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

- ✓ Points will be deposited into your [Pinellas County Rewards Program](#) account on a semi-annual basis.
- ✓ Your rewards default to points every year. If you want cash in your paycheck instead of reward points, complete the cash election form every year at www.pinellascounty.org/hr/cash-election.
- ✓ Please read the [Program Rules & Guidelines](#) before participating.
- ✓ Due to the COVID-19 pandemic, the Wellness Learning Series classes are currently on hold. We are offering Rally missions and quizzes instead.

Activity	Description	Rally %	Reward Points	Cash	Employee	Spouse (on County plan)	Opt Out
Rally Missions and Quizzes	3 missions (15%), 3 quizzes (10%)	up to 25%	up to 12,500	up to \$50	Yes	No	Yes
Preventive Screening	Colonoscopy or pap test or mammogram (reward limited to one screening/year)	25%	12,500	\$50	Yes	Yes	Yes
Fruit & Veggie Challenge	8 weeks of eating fruits and vegetables	25%	12,500	\$50	Yes	Yes	Yes
Get Fit	8 weeks of physical activity commitment	25%	12,500	\$50	Yes	Yes	Yes
Nutrition Challenge	8 weeks of food tracking and portion guidance	25%	12,500	\$50	Yes	Yes	Yes
Wellness Coaching	Choose online classes, phone coaching, or a combo	25%	12,500	\$50	Yes	Yes	No
Chronic Condition Management	Support to manage a chronic diagnosis such as diabetes	50%	25,000	\$100	Yes	Yes	No
Maternity Support	Access to nurses and healthy pregnancy resources	up to 100%	up to 50,000	up to \$200	Yes	Yes	No

Wellness Incentive Payout Schedule (Semi-Annual)

Activities Completed	Cash Election Deadline (if desired)	Incentive Rewarded
January to June 2021	June 30, 2021	September 2021
July to December 2021	December 31, 2021	March 2022