

BELTON WELLNESS INCENTIVE 2007-2008

May 1, 2007 through April 30, 2008

A 3-step plan for better health, and 3 rewards for you!

In keeping with the district's policy on Health and Wellness/Productivity, we are able to offer a new incentive to staff this year.

Upon **completion of the following 3 steps** in our Health & Wellness Assessment Program, employees will be eligible for \$85 cash (less taxes and retirement) **or** an \$85 Target gift card.

1. Participate in annual Health Risk Assessment
2. Participate in annual biometric health screening
3. Complete **one of the following** activities and provide documentation of participation:
 - Activity based program such as a walking club, AHA Start Walking!
(6 weeks minimum)
 - Annual physician well-visit
 - Diet tracking (ex. Sparkpeople.com) *(6 weeks minimum)*
 - Exercise tracking (ex. Sparkpeople.com) *(6 weeks minimum)*
 - Participation in a smoking cessation program
 - Participation in a stress-reduction program

By making healthy lifestyle choices and taking control of your health/fitness, you will receive several benefits:

First, better health means less doctor's visits and prescriptions, which means less out-of-pocket expense for you.

Second, by participating in our 3-step program you will be taking a pro-active step in controlling your health.

Third, you will be rewarded with a gift card or cash and by missing less work, you may qualify for the District's attendance incentive at the end of the year!

Look for regular updates and information throughout the year on opportunities to improve your health and lifestyle.