

BELTON WELLNESS INCENTIVE 2007-2008

May 1, 2007 through April 30, 2008

Printed Name: _____

- I have participated in the annual Health Risk Assessment (*confirmation page attached*)
- I have participated in the annual biometric health screening (Aug. 16, 17, or 20)
- I have completed **one of the following** activities **and provided 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

After having completed all three of the above requirements, I choose to receive:
(*please check one of the following*)

- \$85 cash (less taxes and retirement)
- \$85 Target gift card

Signature

Date

Please return this form with documentation attached to Human Resources.