



## Updates for 2020 Healthy Bucks Program - DUE TO COVID-19 ALL PROGRAMS THIS YEAR VALUED AT \$75HB (MAX. \$300)

**HB Credit will be increased to the \$75 value for those programs previously attended this year. Dollar value on your GSMU transcript will be increased prior to Allegiance file download in November.**

For employees in or qualifying for the Premium cost sharing for 2020. (spouses are not eligible). Healthy Bucks can be used for all out-of-pocket expenses covered under the medical, dental, vision, DME, and pharmaceutical plan. ALL members on your Premium level can use your HB. You must be in the Premium level starting Jan. 1, 2021 for fund activation 1/1/2021. **Register for all programs on <http://colliergov.GoSignMeUp.com>**

### **\$150 Maximum Healthy Bucks earned by participating in these programs:**

**All programs will observe Covid safety protocols**

- 1.) Hot Health Topics - health seminars on the latest nutrition & medical trends and treatments - **\$75HB**
- 2.) Wellness Education Sessions—Topics include Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Mindfulness - **\$75HB** Each
- 3.) Wellness Group Fitness Programs - Employee Wellness Fitness Center—**\$75HB**
  - Participate in the Wellness-sponsored Exercise Programs (Zumba, Pilates, Yoga, etc) a
  - \$30 registration fee is required for all non-Park n' Rec fitness members)
  - must attend 12 of 16 exercise sessions (*Wellness group fitness free with Fitness membership*).
- 4.) 10-week Wellness Blue Zones Dining Moais Series or 10-week Wellness Walking Moais Series- **\$75HB**
  - must attend designated amount of program sessions for HB credit
- 5.) Fitness Center Program—Join the Employee Wellness Fitness Center or Park n' Rec Centers - **\$75HB**
  - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Centers
  - fitness membership required by payroll deduct
- 6.) Complete a timed CCG Park n' Rec or chip/timed Gulf Coast Runners' sponsored Event or a Virtual Race event—allowed due to COVID (specific tracking/authenticity requirements) - **\$75HB**
- 7.) Great Outdoor Adventures offers you to experience a variety of outdoor activities - **\$75HB**

### **The Remainder \$150 Healthy Bucks earned by participating in these RESULT-BASED HB programs:**

**All Result-based programs will observe Covid safety protocols**



- 1.) Complete the Holiday Weight **OR** Holiday Fitness Challenge - **\$75HB**
- 2.) *Off the Cuff* - Blood Pressure Program - **\$75HB**
  - **Blood Pressure < 130/90**
  - Maintain or lower your blood pressure to goal range by September 30, 2020
  - Attend a Wellness Blood Pressure - Weight Clinic during Aug. 1st—Sept. 30, 2020 to repeat your BP
- 3.) *Sugar Busters* - A1C Management Program - **\$75HB**
  - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
  - You will be required to have your non-fasting A1C blood glucose drawn starting July 24, 2020.
  - All repeat non-fasting A1C blood draws conducted by appointment at the Main Campus MedCenter, 252-4257 or North MedCenter 315-7111 starting July 17th — September 30th.
- 4.) *Re-shape Your Frame* - Body Composition Program - **\$75HB**
  - **Maintain a BMI < 25 OR**
  - if **BMI is 25-29** then lose 5% of weight recorded on your Midland Health Personal Health Summary Report **OR**
  - if **BMI is ≥ 30**, then lose 10% of weight recorded on your Midland Health Personal Health Summary Report **OR YOU CAN SELECT:**
  - **Waist Circumference Women < 35 inches Men < 40 inches OR YOU CAN SELECT:**
  - **Percent Body Fat** (reserved for muscular individuals only) **Women ≤ 31% Men ≤ 24%**  
Must Call Wellness to be have a % Body Fat Test
  - ALL FINAL BMI & Waist measurements will be repeated August 1st - September 30, 2020 by attending a Wellness Weight - Blood Pressure Clinic.
- 5.) *Alternate* Result-based HB programs—**\$75HB** each program
  - Offered through the MedCenters as an alternative to the *Off the Cuff*, *Sugar Busters* or *Re-shape Your Frame* programs. Call Wellness , 252-6092 for details. Must register by January 31, 2020 to qualify.