



2021—Healthy Bucks Program - DUE TO COVID-19 ALL PROGRAMS FOR 2021 ARE VALUED AT \$75HB (MAX. \$300)

Register for all programs on <http://colliergov.GoSignMeUp.com>

For employees in or qualifying for the Premium cost sharing for 2021. (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.

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

All programs will observe Covid-19 safety protocols

- 1.) *Hot Topics* - Member requested health topics from the 2020 Wellness education surveys - **\$75HB**
- 2.) Wellness Education Sessions—Topics on the latest 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-19 safety protocols

- 1.) Complete the Holiday Weight **OR** Holiday Fitness Challenge - **\$75HB**
- 2.) **NEW—Lose the Covid-19** Weight Loss Program - **\$75HB**
 - **If BMI 25-29.9 lose 5% of weight recorded at Jan. weigh-in; if BMI is 30 and greater lose 10% of weight recorded at Jan. weigh-in.** Program details will be emailed to members.
 - Weigh-in week of Jan. 4—12 at Holiday Challenge Weigh-out Clinics. A 12-week program. Jan-Apr. 2021
- 3.) *Off the Cuff* - Blood Pressure Program - **\$75HB**
 - **Blood Pressure < 130/90**
 - Maintain or lower your blood pressure to goal range by September 30, 2021
 - Attend a Wellness Blood Pressure - Weight Clinic during Aug. 2nd—Sept. 30, 2021 to repeat your BP
- 4.) *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 23, 2021.
 - All repeat non-fasting A1C blood draws conducted by appointment at the Main Campus MedCenter, 252-4257 or North MedCenter 315-7111 starting July 23rd — September 30th.
- 5.) *Re-shape Your Frame* - Body Composition Program - **\$75HB**
 - **Maintain a BMI < 25 OR**
 - if **BMI is 25-29** then lose 5% of weight recorded at time of Holiday Weight Challenge Weigh-out the week of Jan. 4—12, 2021 **OR**
 - if **BMI is ≥ 30**, then lose 10% of weight recorded at time of Holiday Weight Challenge Weigh-out the week of Jan. 4—12, 2021 **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 2nd - September 30, 2021 by attending a Wellness Weight - Blood Pressure Clinic.
- 6.) *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. Register by January 31, 2021 to qualify.