

Healthy BUCKS



NEW
OPTIONS

2019 Healthy Bucks Program - \$300 HB Limit January 1—September 30, 2019

For employees in or qualifying for the Premium cost sharing for 2019. (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. Your funds will be available Jan. 1, 2020.

- ★ **\$150 Maximum Healthy Bucks earned by participating in these programs:**
- 1.) Hot Health Topics - health seminars on the latest nutrition & medical trends and treatments - \$50HB
 - 2.) Wellness Education Sessions—Topics include Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Mindfulness, and The Great Outdoors - \$50HB Each
 - 3.) Participate in the Wellness-sponsored Exercise Programs - \$50HB/program (\$25 registration fee required)
 - must attend 12 of 16 exercise sessions (*CCG Fitness membership may be required in 2019*)
 - 4.) Join the Collier County Park & Rec Fitness Center Program - \$50HB
 - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Center
 - fitness membership required by payroll deduct
 - ★ 5.) 12-week Wellness Exercise or Wellness Weight Reduction Series - \$50HB
 - must attend 9 of 12 sessions
 - 6.) Complete a timed CCG Park N'Rec or chip/timed Gulf Coast Runners' sponsored Walk/Run Event - \$50HB
 - 7.) 10-week Blue Zones *Feet on the Ground* Team Walking Program- \$50HB (Team of 3 or more)

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

- 1.) Complete the Holiday Weight **OR** Holiday Fitness Challenge - \$50HB
 - Holiday Weight Clinic—Attend a Wellness weigh-in clinic at Benefits Open Enrollment meetings Oct-Nov. 2018; Weigh-out Jan. 7-10, 2019
 - Maintain BMI <25 or if BMI was ≥ 25 at weigh-in a 1 pound weight loss required at weigh-out.
 - Holiday Fitness Challenge—Exercise minimum 8 times for 30 mins. in Nov. and Dec. at a CCG Park N'Rec fitness facility. Swipe In and Out with membership badge. Req. Fitness Membership.
- ★ 2.) Target Health Goal Club - **\$150HB (by invitation only-must register by 1/31/19)**
 - Do you have Diabetes with an A1c greater than or equal to 8% mg/dL and other Risk Factors?
 - Did you have 4-5 Risk Factors (BP,LDL,Trigs,Waist,A1c) the last qualifying year? (Nov. 2017-Sept. 2018)
 - Meet quarterly with MedCenter practitioner and Wellness Educator
 - **Goal: Those with DB diagnosis:** Reduce A1c to $\leq 7\%$ plus reduce 1 risk factor;
 - **Those with 4-5 Risk Factors:** Reduce risk factors down to 2 risk factors or less by Sept. 30, 2019
- 3.) *Off the Cuff* - Blood Pressure Program - \$50HB
 - **Blood Pressure < 130/90**
 - Maintain or lower your blood pressure to goal range by September 30, 2019
 - Attend a Wellness Blood Pressure - Weight Clinic during Aug. 1st—Sept. 30, 2019 to repeat your BP
- 4.) *Sugar Busters* - A1C Management Program - \$50HB
 - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C $\leq 7\%$**
 - You will be required to have your non-fasting A1C blood glucose drawn starting July 19, 2019.
 - All repeat non-fasting A1C blood draws conducted by appointment at the Main Campus MedCenter, 252-4257 or North MedCenter 315-7111 starting July 19th — September 30th.
- 5.) *Re-shape Your Frame* - Body Composition Program - \$50HB
 - **Maintain a BMI < 25 OR**
 - if **BMI is 25-29** then lose 5% of weight recorded at the Wellness Weigh-in Clinic in Jan. 7-10, 2019; **OR**
 - if **BMI is ≥ 30** , then lose 10% of weight recorded at the Wellness Weigh-in Clinic in Jan. 7-10, 2019
 - **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 $\leq 31\%$ Men $\leq 24\%$** Must Call Wellness to be have a % Body Fat Test
 - ALL FINAL BMI & Waist measurements will be repeated August 1st - September 30, 2019 by attending a Wellness Weight - Blood Pressure Clinic.
- 6.) *Alternate* Result-based HB programs—\$50HB 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, 2019 to qualify.