



## Result-based Healthy Bucks Program—2020

Maximum \$150 HB in this category

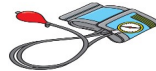
For employees qualifying for the Premium cost share (spouses are not eligible). Healthy Bucks have been upgraded this year to a \$75 value due to Covid-19. Healthy Bucks can be used for all out-of-pocket expenses covered under the medical, dental, vision, DME, and pharmaceutical plan. All members on your Premium cost share can use your HB. You must be in the Premium cost share starting Jan. 1, 2021 for fund activation 1/1/2021.

PROGRAM REGISTRATION ON <http://colliergov.GoSignMeUp.com>

WELLNESS CLINIC CALENDARS ON THE WELLNESS WEBSITE: [wellnessweb.colliergov.com](http://wellnessweb.colliergov.com)

### All Result-based programs will observe Covid-19 safety protocols

#### 1.) *Off the Cuff*—Blood Pressure Program—\$75HB



- Attend a Wellness Clinic to have your blood pressure taken take the months of Aug—Sept 2020
- **GOAL:** Blood Pressure Less Than 130/90
- Maintain or lower your blood pressure to goal range by September 30, 2020

#### 2.) *Re-shape Your Frame*—Body Composition Program—\$75HB



- Attend a Wellness Clinic to have your weight or waist measurement taken the months of Aug—Sept 2020
- **GOALS:** Maintain a BMI Less Than 25 **OR**
- If BMI is 25—29.9 then lose 5% of weight recorded on your Midland Health Personal Health Summary Report **OR**
- if BMI is 30 or Greater then lose 10% of weight recorded on your Midland Health Personal Health Summary Report **OR YOU CAN SELECT:**
- Waist Circumference (measured at belly button)

Women      Less than 35 inches

Men          Less than 40 inches **OR YOU CAN SELECT:**

- Percent Body Fat (testing requires strict pre-test protocols) - Must call 238-6230 for appointment

Women      Less than or Equal To 31%

Men          Less than or Equal To 24%

#### 3. *Sugar Busters*—A1C Management Program—\$75HB



- Call for a non-fasting A1C lab draw appointment at Main Campus MedCenter 239-252-4257 **OR** North MedCenter 239-315-7111
- **GOALS:** A1C Less Than 5.7% **OR**
- A1C Less Than or Equal To 7.0% for those with Type 1 or Type 2 Diabetes