



Result-based Healthy Bucks Program—2021

Maximum \$150 HB in this category

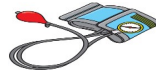
For employees in or qualifying for the Premium cost share (spouses are not eligible). \$75 Healthy Bucks awarded for each goal met for maximum \$150HB. Walk-in Wellness Clinics scheduled Aug/Sept for these programs. Healthy Bucks can be used for all out-of-pocket expenses covered under the medical, dental, vision, DME, and pharmaceutical plan. All members on your Premium cost share plan can use your HB. You must be in the Premium cost share starting Jan. 1, 2022 for fund activation 1/1/2022.

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

WELLNESS CLINIC CALENDARS ON THE WELLNESS WEBSITE: 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 2021
- **GOAL:** Blood Pressure Less Than 130/90

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 2021
- **GOALS:** a BMI Less Than 25 **OR**
- If BMI was 25—29.9 at time of January weigh-in; then lose 5% of weight recorded **OR**
- if BMI was 30 or Greater at time of January weigh-in; then lose 10% of weight recorded

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 252-6092 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. Blood draw appointments start Friday July 23rd
- **GOALS:** A1C Less Than 5.7% **OR**
- A1C Less Than or Equal To 7.0% for those with Type 1 or Type 2 Diabetes



2022 HOLIDAY WEIGHT CHALLENGE WEIGH-INS WILL ALSO TAKE PLACE AT THE WELLNESS CLINICS CONDUCTED THE MONTHS OF AUG/SEPT. IF BMI 25 OR GREATER, LOSE 1 POUND IN JAN. 2022 FOR \$75HB. IF BMI IS LESS THAN 25—MAINTAIN IT AT WEIGHOUT.