



CLIENT NAME

Client ID:

Program Cycle:

Incentive Eligible Employees:

Wausau School District

5086

October 2, 2017 - April 20, 2018

1242

Personal Health Action Plan					
<i>GOAL: 500 Points/Campaign</i>					
	POINT VALUE	EARNING FREQUENCY	MAXIMUM POINTS	Points Reported	Points Reflected on website
ACTIVITY					
Complete Health Evaluation (Health Assessment & Biometric Screening) Required for both incentive levels	30	1 per campaign	30	IH Verifiable	48 Hours after Completion*
Achieve Personal Health Score within the "healthy" Range (-20 to 0)**	35	1 per campaign	35	IH Verifiable	1 week after close of Reasonable Alternative Standard
Complete Online Workshop	10	5 per campaign	50	System Automated	Immediately upon completion
Complete Challenge	5	2 per campaign	10	System Automated	At end of challenge upon meeting challenge goal
Complete Treasure Hunt Quiz (located in My Program box)	5	1 per campaign	5	System Automated	Immediately upon completion
Complete Local Activity	5	2 per campaign	10	Self-reported	Immediately upon completion of self reported healthy habit on website
Log Exercise via Cardio Log on Member Website (1 point for each week exercise is logged; up to 10 total points)	1	10 per campaign	10	Self-reported	Immediately upon completion
Complete Preventative Health or Dental exam	5	1 per campaign	5	Self-reported	Immediately upon completion of self reported healthy habit on website
Complete Personal Health Mission Statement	5	1 per campaign	5	Self-reported	Immediately upon completion of self reported healthy habit on website
TOTAL POSSIBLE POINTS:			160		
GOAL:			100		
<i>*Participants can receive 65 points total for completing Health Evaluation AND scoring in "Healthy Range" (-20 to 0)</i>					
<i>*Requires completion of the Health Evaluation</i>					
Program Incentives					<i>*Timing may be delayed if participation is without a prescheduled appointment.</i>
	Level	POINTS	VALUE		
	1	30	\$75 bonus - health plan enrollment required		
	2	100	\$325 - premium differential - health plan enrollment required		