

Name: _____



2021 WELLNESS INCENTIVE SCORECARD

NON-BENEFIT ELIGIBLE EMPLOYEES

Incentive-Eligible Activities

Directions: Wellness Incentives can be earned by completing any of the following wellness activities until a total of **\$100** has been earned for the calendar year.

\$100

- Complete requirements for on-site or virtual Healthy Lifestyle Program (@ select locations) - \$100

\$50

- Annual physical with PCP - \$50
- Complete biennial health screening (can only be earned during the year the screening is held) - \$50
- Sign up for a CSA Farm Share Program - \$50
- Complete an in-person or virtual half marathon, marathon or similar event - \$50
- Gym Membership (must show a minimum of 4 months) - \$50
- Complete Savory Living - \$50

\$25

- Dental Exam/Cleaning once a year - \$25
- Complete an MVH approved tobacco cessation program - \$25
- 12-week Exercise Log - can be earned up to 3 times/year @ \$25/each (*maximum potential earning is \$75*)
- 12-week Nutrition Log - can be earned up to 3 times/year @ \$25/each (*maximum potential earning is \$75*)
- Log 70,000 steps per week for 12 weeks - \$25
- Annual influenza vaccine - \$25
- Complete a 12-week in-person or online Weight Management Program - \$25
- Complete an in-person or virtual 5K, 10K or similar event - up to 2 events/year @ \$25/each
- Never a tobacco user or be tobacco free for at least 6 months - \$25
- 403b - Contribute a minimum of 5% - \$25
- Attend a virtual EAP session - \$25 no maximum

\$10

- Attend on-site, virtual, video conference or Relias wellness education session - up to 3 classes/year @ \$10/each

MVH is committed to helping you achieve your best health. If you think you might be unable to meet a standard for a reward under the wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your Wellness Coordinator and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

PLEASE SUBMIT ALL DOCUMENTATION TO YOUR WELLNESS COORDINATOR(S)

An employee must be an active employee at the time of payout to receive wellness incentive monies.

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NON-BENEFIT ELIGIBLE EMPLOYEES

WELLNESS ACTIVITY	\$\$\$	Self-report	Proof required	Date Reported
ANNUAL PHYSICAL WITH PCP	\$50		X	
DENTAL EXAM/CLEANING ONCE A YEAR	\$25		X	
ANNUAL INFLUENZA VACCINE	\$25		X	
COMPLETE BIENNIAL HEALTH SCREENING	\$50		X	
12-WEEK EXERCISE LOG - EARN UP TO 3X/YEAR (MAX. POTENTIAL EARNING \$75)	\$25/ea		X	
12-WWEEK NUTRITION LOG – EARN UP TO 3X/YEAR (MAX. POTENTIAL EARNING \$75)	\$25/ea		X	
COMPLETE SAVORY LIVING	\$50		X	
LOG 70,000 STEPS PER WEEK FOR 12 WEEKS	\$25		X	
GYM MEMBERSHIP (MUST SHOW A MINIMUM OF 4 MONTHS)	\$50		X	
COMPLETE REQUIREMENTS FOR ON-SITE OR VIRTUAL HEALTHY LIFESTYLE PROGRAM (@ SELECT LOCATIONS)	\$100		X	
COMPLETE AN IN-PERSON OR VIRTUAL 5K, 10K OR SIMILAR EVENT – UP TO 2 EVENTS/YEAR (MAX. POTENTIAL EARNING \$50)	\$25		X	
COMPLETE AN IN-PERSON OR VIRTUAL HALF MARATHON, MARATHON OR SIMILAR EVENT	\$50		X	
SIGN UP FOR A CSA FARM SHARE PROGRAM	\$50		X	
COMPLETE A 12-WEEK IN-PERSON OR ONLINE WEIGHT MANAGEMENT PROGRAM	\$25		X	
403B - CONTRIBUTE A MINIMUM OF 5%	\$25		HR – X	
NEVER A TOBACCO USER OR BE TOBACCO FREE FOR AT LEAST 6 MONTHS	\$25	X		
COMPLETE AN MVH APPROVED TOBACCO CESSATION PROGRAM	\$25		X	
ATTEND ON-SITE, VIRTUAL, VIDEO CONFERENCE OR RELIAS WELLNESS EDUCATION SESSION - UP TO 3 CLASSES/YEAR (MAX. POTENTIAL EARNING \$30)	\$10/ea		X	

HR – X: Your Human Resources Manager can provide the necessary proof for incentive earned

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