

Leon County Wellness Rewards Program

In order to qualify for the 2014 Value Based Design discount each employee will need to show that they are trying to improve their overall health and well-being during 2013. The Rewards Program encourages employees to recognize and address several different aspects of their health.

To qualify, each employee would need to complete 9 out of 57 options. The only activity that will be required during the 4th quarter of the calendar year is the annual Health Risk Assessment in October 2013.

The Wellness Team can verify the Tracking Programs on the Website, attendance at the Health Fair, Lunch N Learns, Tobacco Cessation programs, or any County offered program. The others will be self-reported. Employees are expected to be honest about completing them.

There is a tracking system set up on the County's Intranet Wellness Corner for you to record the programs or activities completed. Just click on the link at [\[REDACTED\]](#) and it will take you there.

Employees can start at any time during the first quarter of 2013. The last day that activities can be entered will be October 31, 2013. At least three activities will need to be completed each of the first three quarters.

The options employees may choose from for the Rewards Program are:

Physical Activity

1. Participate in "Walk Through Florida."
2. Join a gym or fitness program. If you already have joined one or if you have a home gym, work out at least twice a week for at least 15 weeks out of the year.
3. Participate in at least one Community-sponsored physical activity like the Heartwalk, Corporate Cup Challenge, Turkey Trot, bike races, triathlons, etc.
4. Join or be a member of a Community Sports Team/League/Club such as Softball, Football, Soccer, Rowing, Running, Biking, etc.
5. Track your physical activity on the 95210 Website for at least two weeks.
6. Walk during the workday, when and if allowed by your Supervisor, at least four times a month.
7. Track the number of hours you spend in recreational screen time –not work time but social media, computer games, television, texting, etc. for at least two weeks. This could be done on the 95210 website
8. Participate in any physical activity offered by the County wellness program.
9. Participate in a physical activity with your family at least six times during the year.
10. Stretch at your desk for a few minutes each morning and afternoon for at least two weeks or stretch before you go to work if you are not working at a desk. A good way to do this is to use the Stretch Clock on the Wellness Corner of the Intranet.

Health and Nutrition

11. Join Weight Watchers or any other Weight Loss program.
12. Take the Weight Loss class offered by CHP, either in person or online.
13. Track the number of Fruits and Vegetables eaten each day for at least two weeks on the 95210 website.
14. Try five healthy recipes or foods during the year (either tasting or cooking).
15. Plant a garden at home or participate in a Community Garden.
16. Read the ingredients on food labels.
17. Attend a grocery store tour to help you eat healthier (Google Grocery Store Tours).
18. Buy locally grown fruits and vegetables at local Farmer's Markets at least three times during the year.
19. Track the number of sweetened beverages you drink each day for at least two weeks on the 95210 website.
20. Track the number of glasses or ounces of water you drink each day for at least two weeks.

Stress/Work-Life Balance

21. Take a Time Management course
22. For two weeks, focus on recognizing your physical symptoms when you feel stressed (headache, jaw clenching, stomach tightening/upset/nervous/etc, neck or back muscles tightening, etc) Once you recognize you are stressed, stop and take 10 deep breaths.
23. Track the number of hours you sleep each night for two weeks on at 95210.org (target 7-9 hours)
24. Try a yoga class, if you have not; or, if you have, attend a yoga class at least a couple of times a month.
25. Get a massage this year.
26. Volunteer in the Community in an area you are interested in helping.
27. Access the County's Employee Assistance Program (EAP) program if you feel overwhelmed, personally or professionally.
28. Set healthy boundaries around technology, especially as it pertains to work; unplug from cell phones, iPads, the computer, etc., and focus on yourself, your family, your friends.
29. Use vacation time; and, when you do, unplug yourself from work!!!!!!
30. If you are a caregiver, find a way to get help to give yourself a break—ask a friend to take over for a couple of hours, at least once a week, so you could have some “down time” for yourself.

Financial Wellness

31. Attend a Lunch N Learn on Financial Fitness.
32. Meet with a financial planner at least once this year
33. Create a budget with your family to follow this year.
34. Participate in the 457 Deferred Compensation Program
35. Watch any of the videos on Financial Planning on the FRS website

Tobacco Cessation –You must be a tobacco user to count the activities below.

36. Complete a Tobacco Cessation class if you are using any tobacco products; including cigarettes, cigars, pipes, chewing tobacco, snuff, pouches, and electronic cigarettes.
37. If one class didn't work, keep trying to quit.
38. Designate your house as a smoke-free zone.
39. Don't Smoke around your kids—even in the car.
40. If your kids start to smoke, encourage them to quit.

Preventative Care

41. Get a Wellness check-up or annual physical with your insurance carrier (CHP/BCBS).
42. Get your age-related screenings as needed/recommended (Colonoscopy, Mammogram, Prostate Screening, Skin Cancer Check, Pap Smear, etc) (CHP/BCBS).
43. Get an annual dental check-up and cleaning.
44. Get your \$150 from CHP for belonging to a gym or taking a Weight Watchers class
45. Consult with a CHP Health Coach at least once this year to discuss upcoming surgery options whether to go to the emergency room, make an appointment for a Dr.'s visit, second opinions on medical diagnosis, etc.
46. Participate in a Chronic Disease Management Program if applicable (CHP/BCBS).
47. Go on to CHP Connect and familiarize yourself with your medical records (CHP)
48. Take one of the CHP online health classes.
49. Get a flu shot.
50. Read at least three educational articles on healthcare, wellness, fitness, etc this year

Participation the Leon County Sponsored Wellness Program

51. Attend two Lunch N Learns during the year
52. Attend the Annual Leon County Health Fair
53. Apply for the WellQuest Challenge to represent Leon County in the quest for the "Wellest" Employees in our Community
54. Sign up with the Working Well 95210 grant/program to be a family that tracks the usage of the 95210 tenants for their family for three months.
55. Participate in the Working Well Corporate Cup Challenge
56. Take the HRA in October 2013.
57. Participate in any other County-Sponsored Wellness Program activity that is created by the Wellness Team during 2013.