

Eligible Wellness Activities & Screenings 2015-2016

10% for each activity:

Participation in Competitive Fitness Activity

One on One with Wellness Coordinator
(year round program)

Weight Watchers at Work
(year round program)

Participation in Biometric Screening + Green in Every Category

Individual Exercise Program
(2 x per week for 40 weeks)

Participation in realFIT & score "Well Fit" or above
(600 - 950)

Participation in CORE_Fit
(2 x per week for 40 weeks)

7.5% for each activity:

Participation in Biometric Screening + Improvement in all 3 Categories
(BMI, Hypertension & Total Cholesterol)

Individual Exercise Program
(2 x per week for 30 weeks)

Participation in realFIT & score "Acceptably Fit"
(500-599)

Participation in CORE_Fit
(2 x per week for 30 weeks)

Ability to earn 20% max

5% for each activity:

Superior Fitness Score on Huguley Exam
(certified police & fire only)

Participation in Biometric Screening + Improvement in 2 of 3 Categories

Maintenance Program with Wellness Coordinator

Individual Exercise Program
(2 x per week for 15 weeks)

Cooper Fitness Test
(Must pass 2)

Participation in realFIT

5% for each activity:

Step into the Holidays
(5,000 step minimum per day + 1 5K)

Step into the Summer
(5,000 step minimum per day + 1 5K)

Participation in (4) 5K Walk/Run

City Sanctioned Events
(Must complete 4: Health Fair, Survivor Rowlett etc.)

Participation in CORE_Fit
(2 x per week for 15 weeks)

2.5% for each activity:

Annual Health Screening
(must complete 2: PSA, mammogram, vision, dental, viascan, etc.)

Annual Physical Exam

Participation in (2) 5K Walk/Run

Huguley Exam
*Must score "good" or higher.
(certified police & fire)*

Participation in Biometric Screening + Improvement in 1 category

Flu Shot

Individual Exercise Program
(2 x per week for 6 consecutive weeks)

Participation in CORE_Fit
(2 x per week for 6 consecutive weeks)