

Wellness Activities & Screenings 2021 - 2022

12.5 POINTS

Exercise Log or
CORE_Fit
46 weeks

Carry The Load
full distance

5k Walk/Run
must complete 10

10 POINTS

1-on-1 with Wellness
Coordinator or
External Nutritionist
4/4 quarters successful

Biometric Screening
green in all categories

Exercise Log or
CORE_Fit
40 weeks

Carry The Load
5 legs

5k Walk/Run
must complete 8

Cooper Fitness Test
340 points

realFIT score "Well Fit"
or higher

Quit Nicotine
1 full year

Competitive Fitness
Activity

7.5 POINTS

1-on-1 with Wellness
Coordinator or
External Nutritionist
3/4 quarters successful

Biometric Screening
improvement in
3/3 categories

Exercise Log or
CORE_Fit
30 weeks

Carry The Load
4 legs

5k Walk/Run
must complete 6

Step into the
Holidays/Spring/Summer
10,000 steps per day
+ (1) 5k

Cooper Fitness Test
280 points

realFIT score
"Acceptably Fit"

Rowlett Yoga
3x per year

Annual Health
Screenings
must complete 6

City Sanctioned Events
must complete 6

5 POINTS

1-on-1 with Wellness
Coordinator or
External Nutritionist
2/4 quarters successful

Biometric Screening
improvement in
2/3 categories

Exercise Log or CORE_Fit
15 weeks

Carry The Load
3 legs

5k Walk/Run
must complete 4

Step into the
Holidays/Spring/Summer
5,000 steps per day
+ (1) 5k OR
10,000 steps per day
+ NO 5k

Cooper Fitness Test
220 points

Hydration Challenge
2x per year

Maintenance Program
with
Wellness Coordinator

JTS
open to all employees

Annual Health
Screenings
must complete 4

City Sanctioned Events
must complete 4

Stress Management
2x per year

Rowlett Yoga
2x per year

Check. Change.
Control.
2x per year

Superior Huguley Score
PD/FD only

Nicotine User
actively quitting

Participation in realFIT

2.5 POINTS

1-on-1 with Wellness
Coordinator or
External Nutritionist
1/4 quarters successful

Biometric Screening
improvement in
1/3 categories

Exercise Log or
CORE_Fit
6 consecutive weeks

Carry The Load
2 legs

5k Walk/Run
must complete 2

Step into the
Holidays/Spring/Summer
5,000 steps per day
+ NO 5k

Cooper Fitness Test
160 points

Obstacle Course
open to all employees

Annual Health
Screenings
must complete 2

Stress Management
1x per year

Rowlett Yoga
1x per year

Check. Change.
Control.
1x per year

Good or Excellent
Huguley Score
PD/FD only

Annual Physical Exam

Non-Nicotine User

Hydration Challenge
1x per year



ROWLETT WELLNESS

for more details and enrollment visit:
befitbewell.rowlett.com
username and password = computer login

20 POINT GOAL

INCENTIVES FOR DOING MORE!
30 points = \$200 gift card
40 points = \$300 gift card
50 points = \$500 gift card



Wellness Program Premium Adjustments FY2021

	Core EPO Employee Only	HRA Employee Only	HSA HDHP Employee Only
Total Monthly FY2021	\$753.01	\$816.13	\$868.59
Monthly with 20% Increase	\$903.61	\$979.36	\$1,042.31
2.5%	\$18.83	\$20.40	\$21.71
5%	\$37.65	\$40.81	\$43.43
7.5%	\$56.48	\$61.21	\$64.14
10%	\$75.30	\$81.61	\$86.86
12.5%	\$94.13	\$102.02	\$108.57
15%	\$112.95	\$122.42	\$130.29
17.5%	\$131.78	\$142.82	\$152.00
20%	\$150.60	\$163.23	\$173.72