

# HEALTHY REWARDS PROGRAM

## MONTHLY INCENTIVE CLAIM FORM

If you earn at least **50 Points** in the month you are eligible to participate in a monthly Healthy Rewards drawing! Complete all three months and increase your chances for the Lottery Drawing.

### Use this form to:

- Enter the monthly Healthy Rewards drawing.
- Enter the three-month Lottery Drawing.
- Forms must be returned to the Personnel Office by the 5<sup>th</sup> of the month following each month to be eligible for the monthly Healthy Rewards drawing and the three-month Lottery Drawing.

<b>Name:</b>		<b>Points Log for the month of: (Circle)</b>	<input type="checkbox"/> February	<input type="checkbox"/> March	<input type="checkbox"/> April
<b>Department:</b>		<b>Total Monthly Active Points:</b>	<b>Total Monthly Lifestyle Points:</b>	<b>Total Monthly Points:</b>	

### ACTIVE POINTS

You can earn 1 point for every 30 minutes of physical activity (i.e.: walking, aerobics, weight lifting...).

Use the worksheet found on the back of this sheet to track your active points.

Week 1 Active Points	Week 2 Active Points	Week 3 Active Points	Week 4/5 Active Points	Total Monthly Active Points

### LIFESTYLE PRACTICE POINTS

You can earn points for practicing healthy lifestyle choices.

Use the chart below to calculate your total weekly points.

Use the calendar found on the back of this sheet to check if you are eligible for "BONUS" points for this month.

Lifestyle Practices – 1 Point Per Item Per Week					
Week 1 Lifestyle Points	Week 2 Lifestyle Points	Week 3 Lifestyle Points	Week 4/5 Lifestyle Points	Bonus Lifestyle Points	Total Monthly Lifestyle Points
Wear a <u>helmet</u> doing any "wheeled" activity Floss your <u>teeth</u> daily 6 of 7 days a week Wear your <u>seatbelt</u> every time you are in a vehicle Drink at least <u>64 oz of water</u> 6 of 7 days a week Wear <u>sun screen</u> as recommended Eat <u>5 servings of fruits/vegetables</u> 6 of 7 days a week Eat <u>3 servings of whole-grains</u> 6 of 7 days a week Eat <u>2-3 servings (1/4 cup) of nuts</u> a week Participate in any <u>Educational Class</u> (i.e. Tobacco Cessation, Continuing Education, Community Classes, C4) - 1 pt per 30 min.		Consume <u>less than 3 alcoholic drinks</u> per week Spend 30 min. a day <u>doing something for you</u> Get <u>7 - 8 hours of sleep</u> 6 of 7 days a week Wash your <u>hands</u> before eating & after using the restroom Drive the <u>speed limit</u> when you operate your vehicle Practice proper technique during any <u>lifting</u> movement <u>Volunteer</u> for a good cause - 1 pt per 30 min. Spend quality time with <u>family or friends</u> daily <u>Laugh</u> at least twice a day Eat <u>breakfast</u> 6 of 7 days a week			



## Active Lifestyle Points

**Earn 1 active point for every 30 minutes of physical activity.**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Week 1
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Week 2
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Week 3
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Week 4
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Week 5

### Examples of physical activity that can count toward your active points.

Any active sport (basketball, volleyball, etc.)

Kickboxing

Skiing

Swimming

Water Aerobics

Circuit Training

Aerobics

Lawn Mowing (push mower)

Snow Shoveling

Walking

Yoga

Dancing

Bicycling

Pilates

Hiking

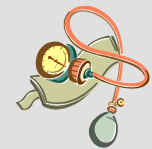
Weight Lifting/Strength Training

Jogging/Running

Gardening/Yard Work

## Bonus Lifestyle Points

**Earn 10 bonus points for completion of any one of the lifestyle activities per month.**



February	March	April
<ul style="list-style-type: none"> <li>❖ If you have received your <b>flu shot</b> this flu season or have signed up for a flu shot for Fall of 2007.</li> <li>❖ If you have had a <b>HRA</b> within the last year.</li> <li>❖ If you have your <b>blood pressure</b> checked as recommended by your doctor and is in a normal range or are taking medication to control.</li> <li>❖ If your total <b>cholesterol</b> to "good" cholesterol (HDL) ratio of 4.5 or less or complete education on cholesterol levels.</li> </ul>	<ul style="list-style-type: none"> <li>❖ If you have had your 2 preventative <b>dental cleanings</b> within the past year.</li> <li>❖ If you have had a <b>Colorectal Cancer</b> screening as recommended by your doctor.</li> <li>❖ If you have had <b>mammogram/ pelvic exam/pap test</b> (women) or <b>PSA/testicular exam</b> (men) as recommended by your doctor/or self-exam if not age eligible.</li> <li>❖ If you are at your ideal Weight (<b>BMI</b> between 18.5 and 25 on HRA) or participating/participated in a weight loss program within the last three months [i.e. Calumet County Calorie Crunchers (C4)].</li> </ul>	<ul style="list-style-type: none"> <li>❖ If you had an <b>eye exam</b> within the last year.</li> <li>❖ If you are <b>allergy free</b> or have taken steps to prevent allergy symptoms from flaring up within the last 6 months.</li> <li>❖ If you are <b>tobacco free</b> or participating in a tobacco cessation program.</li> <li>❖ If you have had a <b>Tetanus Shot</b> within the past 10 years.</li> </ul>