

CALUMET COUNTY HEALTHY REWARDS PROGRAM

LIFESTYLE CHOICES AFFECT HEALTH

Individual lifestyle choices (behaviors) influence health and health care costs. The Centers for Disease Control and Prevention report that at least 50% of individual health status and associated health care costs are directly related to lifestyle choices. Multi-faceted contests and campaigns can give employees the opportunity to try out a new skill or activity.¹

WHAT IS THE HEALTHY REWARDS PROGRAM?

Calumet County recognizes the importance of maintaining a healthy lifestyle for optimal health and wellbeing. The incentive program was designed by the Employee Wellness Committee to promote positive healthy lifestyle choices and provide employees with *Healthy Rewards* for being committed to those positive lifestyle practices. The Healthy Rewards Program will provide employees with the opportunity to try out new behaviors within the structure and with the support of an organized event. This program will focus on the bigger picture of individual health status and a variety of lifestyle choices that relate to optimal health.

Participation is rewarded instead of results, everyone has the opportunity to be a winner, and the experience can be the first step toward developing a lasting healthy behavior.

ELIGIBILITY REQUIREMENTS

The program is offered at no cost to employees and is completely voluntary. All regular, full-time and part-time employees are eligible to participate in the Healthy Rewards Program.

HOW DOES THE HEALTHY REWARDS PROGRAM WORK?

Each month, you will keep track of your Healthy Rewards points. You earn points for healthy lifestyle behaviors (i.e., being active, eating right, not using tobacco, wearing seat belts, etc.) Points are earned for effort, not outcome. Honesty in self-reporting is expected.

REWARDS

At the end of each month, those employees with a minimum of 50 points will return their Healthy Rewards Monthly Incentive Claim Form to the Personnel Department by the 5th of the next month (i.e. return February claim form by March 5). A monthly reward will be awarded to all participants returning their Healthy Rewards Incentive Claim Form.

At the end of the three-month program, each employee who has returned their Healthy Rewards Monthly Incentive Claim Form(s) will be eligible for larger rewards. The more months you complete, the better chance of winning (i.e. complete one month – one chance; two months – two chances; and three months-three chances).

PARTICIPATION IS EASY!

1. Contact the Personnel Department to register.
2. Record the total monthly Active and Lifestyle Points on the Healthy Rewards Monthly Incentive Claim Form provided.
3. At the end of each month, turn in your completed Healthy Rewards Monthly Incentive Claim Form to the Personnel Department, to be eligible for great Healthy Rewards.
4. At the end of the three-month program, employees who have returned their Healthy Rewards Monthly Incentive Claims Form(s) will be eligible for larger rewards.

¹ Steven P. Noeldner, PhD, Principal and Senior Consultant in the Health & Productivity Management (HPM) specialty practice of Mercer Health & Benefits

Calumet County Healthy Rewards Program

PROGRAM PERIOD: February 1 – April 30, 2007

REGISTRATION: January 22 – 31, 2007
Contact Personnel Department

REWARDS:

REGISTRATION REWARD:

First 30 employees who register	Bottle of Water Healthy Snack Survive Anything Kit Stress Ball Water Bottle
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All registrants	Water Bottle
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MONTHLY REWARD**:

February	Pedometer
March	Stop & Go Fast Food Nutrition Guide
April	\$5.00 Movie Gift Card

LARGER REWARDS:

[Number of entries equal months completed (i.e. 2 months completion – 2 chances to win)]:

Weber Go-Anywhere Gas Grill (2)
\$50 Menards Card
\$25 Kwik Trip Card
Carry-all Bag (3)
Calendar Calculator
Cosmetic Bag
Tri Fold Handyman Tool Box
Umbrella (4)
Travel Mug (6)
Can Cooler (6)

MONTHLY FOCUS:

February – Exercise
March – Healthy Eating
April – Stress/Relaxation

**Monthly prizes may be substituted based on availability.