

# PASSPORT TO WELLNESS DESTINATION BETTER HEALTH!

## APOGEE WELLNESS PLAN INCENTIVE CRITERIA - 2008

To Receive a discount on your 2009 Medical premium  
(\$5 biweekly single/\$10 biweekly family):

- You MUST complete a confidential Health Assessment (HA)

AND complete 2 of the following 3 criteria:

- Participation in a smoking cessation program or a weight loss program
- Complete a biometric testing activity onsite or with your family physician (measurement of blood pressure, cholesterol, etc.)
- Make a call to a HealthyGuidance health coach either to discuss your HRA results or work on a wellness issue with them, such as smoking cessation, weight loss, nutrition, etc.

NOTE: If both spouses are covered under family coverage, both must complete this criteria to receive the family premium reduction. If the employee only completes the criteria, they will receive the single credit.

**Complete these criteria by 9/30/08 to be eligible for the incentives!**

- ▶ Receive a Mayo Health Handbook for completing the HA
- ▶ Be entered in the drawing for 3 prizes per business unit for completing the HA

Complete the attached sheet and send it to Compsych as indicated to get credit for the incentives that you complete.

Access the Health Assessment by logging onto [www.guidanceresources.com](http://www.guidanceresources.com) and select HealthyGuidance under the green "Site Highlight" banner. The first time you logon the company ID is APOG. Call Guidance Resources (our EAP) at 1-800-497-9088 to request a paper form or to schedule an appointment with a health coach. The number to call with questions about the HA or about these incentives is on the HA either online or on your paper copy.



enterprises, inc.

