

THE SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA  
RISK MANAGEMENT

**PREVENTION PAYS – Up to \$100**

**Instructions:** This program runs from July 1, 2016 to June 30, 2017. To be eligible for the full amount, employees complete activities from the categories below. Credit for each activity can only be claimed once. **Employees submit proof of participation to site Wellness Champions.** Submit this form **ONE TIME** during the program period. All paperwork must be received no later than **July 31, 2017**. The IRS considers incentives taxable income, so the award will be taxed accordingly. This program is voluntary. Failure to participate does not make employee ineligible to be covered under a District medical plan. Spouses and dependents on the health plan age 18 and older can participate in most programs but are not eligible for the financial incentives. For more information, contact your site Wellness Champions or Employee Wellness at (941) 927-9000 x31363.

Incentives will be paid to employees via paychecks during one of the following payroll cycles:

**Dec 15, 2016 ▪ Mar 15, 2017 ▪ Jun 30, 2017 ▪ Sep 15, 2017**

\*Deadline for paperwork to be processed is two (2) weeks prior to pay date.

TWO REQUIRED ACTIVITIES		
		Completion Date
1. Annual wellness exam or physical with your in-network provider Doctor Name (Print) _____ Doctor Signature _____	\$25	Required
2. Personal Health Assessment (PHA) completed and submitted via: <a href="https://bcbsfl.traleexplorer.com/companylogin.aspx">https://bcbsfl.traleexplorer.com/companylogin.aspx</a> by <b>June 30, 2017</b> USE <b>Group Name:</b> <u>SCS</u> and <b>Group Number:</b> <u>78107-2016/2017</u>	\$25	Required
ADDITIONAL wellness incentives		
Routine cancer screening i.e. skin, breast, cervical, colon, or prostate	\$25	
Dental or vision exam	\$25	
Diabetes program or diabetes prevention program	\$25	
Tobacco cessation program	\$25	
Gym membership (monthly)	\$25	
Organized weight loss program (6+ weeks)	\$25	
Organized fitness program (6+ weeks) or Personal Trainer	\$25	
Florida Blue health screening	\$20	
Health coaching	\$20	
Flu shot	\$15	
Wellness seminar or class	\$10	
Organized walk/race	\$10	

By signing below, employee agrees to voluntarily authorize verification of completion of the requirements for the incentive.

\_\_\_\_\_  
Employee Name (Print)                      Employee Signature                      Date

\_\_\_\_\_  
Employee ID No. (A#)                      Cost Center

\_\_\_\_\_  
Wellness Champion Name (Print)                      Wellness Champion Signature                      Date

## PREVENTION PAYS – Up to \$100

### **Prediabetes and Diabetes Programs**

Diabetes prevention programs help participants make real lifestyle changes such as eating healthier, including physical activity into their daily lives, and improving problem-solving and coping skills. Participants learn how to lose weight, eat a balanced diet and make healthy lifestyle changes.

Staff and adult family members that have been diagnosed with diabetes and are on the district health insurance plan are encouraged to take advantage of programs that provide education and support and that improve the quality of life by preventing and controlling the complications of diabetes.

For prediabetes and diabetes program information please call Employee Wellness at 927-9000, ext. 31363.

### **Tobacco Cessation Programs**

3 Free and Easy Ways to Quit:

- Talk to a Quit Coach who can help you quit tobacco – 1-877-U-CAN-NOW or 1-877-822-6669
- An online program to help you quit tobacco is a click away – [www.quitnow.net/florida](http://www.quitnow.net/florida)
- Looking for local, face to face help? Find classes near you- <http://www.gsahec.org/>

Call Employee Wellness at (941) 927-9000 ext. 31363 for more information.

### **Organized Weight Loss Program (6+ Weeks)**

When you're looking for a weight loss program, it's wise to look for one that will meet your needs and set you up for long-term success. There are a number of weight loss organizations and each has its own methods to help those on a weight loss journey. Plans may include individualized help, group meetings or classroom settings. Examples include: Weight Watchers, Jenny Craig, TOPS, Overeaters Anonymous, Nutrisystem, MEDI, Healthy Wage and Healthy Turnaround.

### **Organized Fitness Program (6+ Weeks) or Personal Trainer**

A personal fitness plan involves assessment of your current level of fitness, establishing fitness goals, creating a fitness routine, and monitoring progress. Programs are designed to include components of strength, flexibility, and aerobic fitness and can be individual or group format. Examples: Pedometer or walking program, The 8 Colors of Fitness or any other 6+ week exercise program.

### **Florida Blue Health Screening**

Free screenings for cholesterol, diabetes, blood pressure and more with immediate results for Florida Blue members. Health Coaches sit with participants and review results, answer questions and share tips on health related topics such as nutrition and fitness as well as information to maximize health benefits.

### **Health Coaching**

Health coaching sessions via computer, phone, or face to face meetings (not to include coaching at on-site screenings) provide tools and resources to help you reach your wellness goals and empower you to make informed healthcare decisions. Florida Blue's "Better You Next Steps" program is available to staff on the district health insurance plan. Call 1-800-477-3736 to speak to a coach or call Employee Wellness at (941) 927-9000, x31363 for more information.

### **Wellness Seminar or Class**

An individual program that covers one of the dimensions of wellness to include: physical, intellectual, emotional, social, spiritual, occupational, and environmental. Delivery via multiple formats to include in person, online, video based, and telephonic.

### **Organized Walk/Race**

Show your bib, medal, or registration receipt to receive credit for participating in an organized fitness event.