

# VILLAGE OF SHOREWOOD ANNUAL WELLNESS



## REPORTING FORM

Form due by September 13, 2023

Wellness Program - Point Options	Maximum Points	Earned Points: Employee	Earned Points: Spouse
<b>Complete Biometric Testing and Health Risk Assessment (REQUIRED)</b> Biometric Screening Vendor will provide a list of participants. <b>OR</b> Complete Biometric Screening through Primary Care Provider and submit 'Annual PCP Visit' Affidavit	100		
<b>Non-Tobacco User</b> Testing completed and results reported by Biometric Vendor <b>OR</b> Complete screening at PCP and 'Non-Tobacco User' Affidavit Please note: if screening is not done onsite EE will assume any charges that may be incurred from screening	100		
<b>OR Positive test for Nicotine - Completion of Tobacco Cessation Program</b> See HR for details. Must provide proof of completion	100		
<b>Preventive Annual Exam</b> (one time per year) by your Primary Care Provider • Complete 'Annual PCP Visit' Affidavit	75		
<b>Dental Exam/Cleaning</b> • Complete 'Routine Dental Exam' Affidavit	50		
<b>Vision Exam</b> (one time per year) • Complete 'Routine Vision Exam' Affidavit	25		
<b>Flu Shot</b> (or any other medically necessary shot approved by Wellness Committee) • Complete 'Flu Shot or Vaccine' Affidavit • 25 points for each affidavit completed	50		
<b>Gym Membership</b> Visit a Gym a minimum of 4 times/month for at least 6 months • Provide proof of attendance from Gym	50		
<b>Track Steps</b> Complete at least 1,000,000 steps • Provide print out of total step count From device	50		
<b>Participate in Community Service related to Wellness</b> 25 points per event, up to 2 times per year • Examples include: blood donation, volunteer coaching, Big Brother/Sister, etc. • Complete 'Community Service' Affidavit	50		
<b>Public Event - Run, Tri, Walk, Bike, 5K</b> 25 points per event, up to 2 times per year • Complete 'Public Event' Affidavit	50		
<b>Wellness Committee Sponsored Event</b> Each Event is 10 points and you can earn up to 50 points total. The Wellness Committee event schedule can be found on the Employee Intranet. Include documentation needed as outlined in the Wellness Committee Event Schedule.	50		
<b>Bonus points from chart below</b>	Max 40		
<b>Total Points Required: Employees -350 points / Spouses -300 points</b>	Max 690 (EE) / 640 (SP)		

\*\*Please see HR if you are unable to participate in any of the health-related activities required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard.

Bonus Points for Optimal Biometric Results - **Must Complete Screening Onsite**	Max		
Biometric Screening Vendor will calculate points	40		
• Body Mass Index (BMI) - BMI between 18.5 -29.9, with a waist circumference $\leq$ 40" for males, $\leq$ 35 for females	10		
• Blood Glucose - 113 mg/dL or lower	10		
• Blood Pressure - 129/79 or lower	10		
• Total Cholesterol/HDL Ratio - 4.0 or lower	10		

If Employees and Spouses receive **ALL** optimal results, they will only need to complete the online Health Assessment in 2021 (no biometrics).

I attest the information provided is truthful and accurate.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_