

VILLAGE OF SHOREWOOD ANNUAL WELLNESS



REPORTING FORM

Form due by September 14, 2022

Wellness Program - Point Options	Maximum Points	Earned Points: Employee	Earned Points: Spouse
Complete Biometric Testing and Health Risk Assessment (REQUIRED) Biometric Screening Vendor will provide a list of participants. OR Complete Biometric Screening through Primary Care Provider and submit 'Annual PCP Visit' Affidavit	100		
Non-Tobacco User Testing completed and results reported by Biometric Vendor OR 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 OR Positive test for Nicotine - Completion of Tobacco Cessation Program See HR for details. Must provide proof of completion	100		
Preventive Annual Exam (one time per year) by your Primary Care Provider • Complete 'Annual PCP Visit' Affidavit	75		
Dental Exam/Cleaning • Complete 'Routine Dental Exam' Affidavit	50		
Vision Exam (one time per year) • Complete 'Routine Vision Exam' Affidavit	25		
Flu Shot (or any other medically necessary shot approved by Wellness Committee) • Complete 'Flu Shot or Vaccine' Affidavit • 25 points for each affidavit completed	50		
Gym Membership Visit a Gym a minimum of 4 times/month for at least 6 months • Provide proof of attendance from Gym	50		
Track Steps Complete at least 1,000,000 steps • Provide print out of total step count From device	50		
Participate in Community Service related to Wellness 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		
Public Event - Run, Tri, Walk, Bike, 5K 25 points per event, up to 2 times per year • Complete 'Public Event' Affidavit	50		
Wellness Committee Sponsored Event Each Event is 10 points and you can earn up to 50 points total. Attached is the Wellness Committee Event Schedule. Include documentation needed as outlined in the Wellness Committee Event Schedule.	50		
Bonus points from chart below	Max 40		
Total Points Required: Employees -350 points / Spouses -300 points	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: _____