



Your 2017 Healthy MeritsSM Wellness Program

City of Valdez



Great results usually start with a great plan!

The Healthy Merits Wellness Program provides the services and tools you and your family can use for good health! Health concerns such as being overweight, not getting enough physical activity and using tobacco can all lead to poor health, not to mention chronic illness down the road. That's why it's important to take action now and Healthy Merits can help!

You can be healthier—and earn great incentives—in just two easy steps

Step 1

✦ Complete both of the following:

1. Online health assessment (*employee only*)
2. Biometric screening (*spouses are eligible to participate, but not required*)

If you complete both requirements by February 28, 2017, you'll be eligible for a chance to win a day of PTO (five winners will be chosen).

Step 2

If you earn at least 100 points by October 31, 2017, you'll be eligible for an end of the year incentive raffle.

Reward structure

- ✦ All activities must be completed and submitted to Healthy Merits by October 31, 2017.
- ✦ Prizes will be determined based on a tiered structure (see below).

Level	Points needed	Incentive	Number of winners
Level 1	100+	\$15 gift card	15
Level 2	150+	\$20 gift card	10
Level 3	200+	\$30 gift card	5
Level 4	250+	\$50 gift card	3
Overall top point achiever		\$500 gift card	1

Qualifying Activities	Description	Wellness Points You Can Earn	Maximum Wellness Points You Can Earn
Biometric screening	Participate in biometric screening	50	50
Achieve IH score	Achieve your Interactive Health score during your biometric screening. <i>Please note: if you did not participate in the 2016 screening, you will not be eligible to achieve the IH score in 2017</i>	10	10
Health assessment	Complete online health assessment at healthymerits.com	20	20
Exercise >16x a month	Complete a 30-minute physical workout or walk 128,000 steps per month—approximately equal to a 4-mile walk	10	100
Complete a preventive exam	See your doctor for a yearly physical, mammogram, colonoscopy, pap smear, or other preventive screening	10	30
Healthier You	Participate in and complete the Healthier You Campaign	20	20
Tobacco cessation	Participate in and complete a tobacco cessation program	20	20
Digital coaching program (4)	Complete a Digital Coaching Module. 100 Heartbeats must be completed	10	40
Wellness challenge (3)	Participate in and complete a wellness challenge	20	60
HealthFocus course (4)	Complete an 8-week telephonic coaching program (must have completed biometric screening for this option)	20	80
Wellness event	Complete a wellness event such as running a 5k, 10k or triathlon	10	10
Brown bag lunches (9)	Attend an on-site presentation about a health and wellness topic	10	90
Valdez program offerings	Participate in Valdez-sponsored programs such as ski4free and the Summer Run Series	10	40
Try a new physical activity	Try a new physical activity such as snowshoeing, skiing, ice climbing, etc. and share a brief experience about it	10	30
		Total points possible	600

All point activities must be submitted by October 31, 2017, to be eligible for the prize drawings. Still have questions? Simply call Healthy Merits at 1.877.348.4533 or email healthymerits@meritain.com.