

Allegany Arc

2019 Wellness Incentives

Activity To Be Completed	Points/ \$ Earned	Completed
Completion of Biometric Screening. (Deadline 7-31-19)	\$100.00	
Show a 10% Dr. noted improvement within the calendar year in one of the following: Blood Pressure, Weight, Cholesterol.	125 pts	
Show a Dr. noted improvement of A1C level by 1 point within the calendar year.	125 pts	
Show proof of completing a 10K	100 pts	
Show proof of completing additional 10Ks	50 pts ea.	
Show proof of completing a 5K	50 pts	
Show proof of completing additional 5Ks	25 pts ea.	
Show proof of completing 15 hours of community service.	50 pts	
Additional community service hours in 15 hour increments.	25 pts ea.	
Use the equivalent of 3 or less sick days 1-1-19 through 10-31-19.	50 pts	
Complete the Walk with Ease program through Ardent Solutions. (exact dates TBA)	50 pts	
Complete the Under Pressure Program. Month of April. (exact dates TBA)	50 pts.	
Attend an onsite Wellness seminar: Classes and Dates TBA	25 pts	
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Show proof of having an Annual Physical	25 pts	
Show proof of having a cancer screening (1 time allowed)	25 pts	
Show proof of having an eye exam	25 pts	
Show proof of having a dental exam (1 time allowed)	25 pts	
Attend 1 of the 6 group sessions with our Valic advisor (1 time allowed) (Dates and location are TBA)	25 pts	
Compete in a Special Olympics vs Staff scrimmage (Basketball, Bocce, Softball) (exact dates TBA)	25 pts	
Donate blood at an Allegany Arc blood drive.	15 pts ea.	
Other Blood Drive Donations (other than Arc)	10 pts ea.	
Approved Relias Trainings-	10 pts ea. Up to 50 pts allowed	
Show proof of having a flu shot	10 pts	
Total	150 pts= \$200	99 pts or less= \$0

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Please read carefully!

Activities for Spouses of Arc Employees:	Points/ \$ Earned	Completed
Show proof of having an Annual Physical.	15 pts	
Show proof of having a cancer screening (1 time allowed).	15 pts	
Show proof of having a flu shot	5 pts	

**** Activities completed for spouses will only be awarded the above wellness points if the spouse is not an Allegany Arc employee.****

Approved Relias Trainings

**** Please be sure that the trainings you take match the name of the training listed below exactly****

- Employee Wellness: Dental & Oral Health
- Employee Wellness: Diabetes Prevention
- Employee Wellness: Emotional Intelligence: Awareness
- Employee Wellness: Emotional Intelligence: Feeling & Thinking
- Employee Wellness: Importance of Physical Fitness
- Employee Wellness: Heart Disease Prevention
- Employee Wellness: Healthy Sleep
- Employee Wellness: Healthy Eating On A Budget
- Employee Wellness: Side Effects of Care Giving
- Employee Wellness: Smoking Cessation: Ready, Set, Quit
- Employee Wellness: Stress Management
- Employee Wellness: Time Management
- Employee Wellness: Weight Management
- Employee Wellness: Work-Life Balance

Dear Allegany Arc Employee,

The following is a list of activities that need to be completed in order to be eligible for the full \$300 Health Care Enhancement (HCE) check in December of 2019. Every completed activity will be tracked throughout the year by confidential file system at the Babbitt Building. Points will be earned for each completed activity.

All eligible employees must be currently employed by Allegany Arc in December of 2019 to receive this check. Please send all receipts to Courtney Cole at the Babbitt building for tracking of completion. If you have any questions, please feel free to ask any member of the Allegany Arc Wellness Committee or contact Courtney Cole at ext 534.

Thank you,

Courtney Cole

Please note: Activities may be completed between November 1st, 2018 and October 31st, 2019. No receipts for completed activities will be accepted after October 31st 2019.