



## 2022—Healthy Bucks Program - DUE TO COVID-19 ALL PROGRAMS FOR 2022 ARE VALUED AT \$75HB (MAX. \$300)

Register for all programs on <http://colliergov.GoSignMeUp.com>

For employees in or qualifying for the Premium cost sharing for 2022. (Spouses are not eligible). Healthy Bucks can be used for all out-of-pocket expenses covered under the medical, dental, vision, DME, and pharmaceutical plan. ALL members on your Premium level can use your HB. You must be in the Premium level starting Jan.1, 2022.



### **\$150 Maximum Healthy Bucks earned by participating in these programs:**

**All programs will observe Covid-19 safety protocols**

- 1.) *Hot Topics* - Member requested health topics from the 2021 Wellness education surveys - **\$75HB**
- 2.) Wellness Education Sessions—Topics on the latest Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Matters - **\$75HB** Each
- 3.) Wellness Group Fitness Programs - Employee Wellness Fitness Center—**\$75HB**
  - Participate in the Wellness-sponsored Exercise Programs (Zumba, Pilates, Yoga, etc) a
  - \$30 registration fee is required for all non-Park n'Rec fitness members)
  - must attend 12 of 16 exercise sessions (*Wellness group fitness free with Fitness membership*).
- 4.) 10-week Wellness Blue Zones Dining Moais Series or 10-week Wellness Walking Moais Series- **\$75HB**
  - must attend designated amount of program sessions for HB credit
- 5.) Fitness Center Program—Join the Employee Wellness Fitness Center or Park n' Rec Centers - **\$75HB**
  - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Centers
  - fitness membership required by payroll deduct
- 6.) Complete a timed CCG Park n'Rec or chip/timed Gulf Coast Runners' sponsored Event or a Virtual Race event—allowed due to COVID (specific tracking/authenticity requirements) - **\$75HB**
- 7.) Great Outdoor Adventures offers you to experience a variety of outdoor activities - **\$75HB**



### **The Remainder \$150 Healthy Bucks earned by participating in these RESULT-BASED HB programs:**

**All Result-based programs will observe Covid-19 safety protocols**

- 1.) Complete the Holiday Weight Challenge **OR** Holiday Fitness Challenge - **\$75HB**
- 2.) *Off the Cuff*- Blood Pressure Program - **\$75HB**
  - **Blood Pressure < 130/90**
  - Maintain or lower your blood pressure to goal range by September 30, 2022
  - Attend a Wellness Blood Pressure - Weight Clinic during Aug. 1st—Sept. 29, 2022 to repeat your BP
- 3.) *Sugar Busters* - A1C Management Program - **\$75HB**
  - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
  - You will be required to have your non-fasting A1C blood glucose drawn starting July 22, 2022.
  - All repeat non-fasting A1C blood draws conducted by appointment at the Main Campus MedCenter, 252-4257 or North MedCenter 315-7111 starting July 22nd — September 30th.
- 4.) *Re-shape Your Frame* - Body Composition Program - **\$75HB**
  - **Maintain a BMI < 25 OR**
  - if **BMI is 25-29** then lose 5% of weight recorded on Midland Health Biometric Lab form **OR**
  - if **BMI is ≥ 30**, then lose 10% of weight recorded on Midland Health Biometric Lab form
  
  - **OR YOU CAN SELECT:**
  - **Waist Circumference Women < 35 inches Men < 40 inches**
  
  - **OR YOU CAN SELECT:**
  - **Percent Body Fat** (reserved for muscular individuals only) **Women ≤ 31% Men ≤ 24%** Must Call the Wellness Fitness Center at 239-238-6230 to be have a % Body Fat Test scheduled.
  - **ALL FINAL BMI & Waist measurements will be repeated August 1st - September 29, 2022 by attending a Wellness Weight - Blood Pressure Clinic.**
- 5.) *Alternate* Result-based HB programs—**\$75HB** each program
  - Offered through the MedCenters as an alternative to the *Off the Cuff, Sugar Busters or Re-shape Your Frame* programs. Call Wellness, 252-6092 for details. **Register by January 31, 2022 to qualify.**