



2023 Wellness Incentive Form

<http://cityofracine.org/CoreWellness/>

Incentive Payment:

- Employees & Retirees will receive \$200; Employee Spouses & Retiree Spouses will receive \$100.
- The incentive is paid via direct deposit.
- Employees, spouses, retiree and retiree spouses covered by the City health insurance plan are eligible.

Form Deadline:

- Submit requirements by **April 21st, 2023** and receive incentive: **May 5th, 2023**
- Submit requirements by **May 19th, 2023** and receive incentive: **June 2nd, 2023**
- Submit requirements by **June 30th, 2023** and receive incentive: **July 14th, 2023**
- Submit requirements by **August 25th, 2023** and receive incentive: **September 8th, 2023**
- Submit requirements by **October 6th, 2023** and receive incentive: **October 20th, 2023**
- Submit requirements by **November 3rd, 2023** and receive incentive: **November 17th, 2023**

Directions:

- Employees, Employee Spouses, Retirees & Retiree Spouses must complete enough tasks to have at least 150 points.
- Some task require documentation to be submitted. Please look for the (*) by the task
- If documentation is required but not submitted, the individual will not receive credit for that task.



2023 City Wellness Incentive Form

Incentive Requirement:

- Complete desired tasks below to earn points
- Must have 150 points to earn wellness incentive

_____	_____	<u>Check Your Status:</u>	
<i>Print Your Name</i>	<i>Employee #</i>	Employee <input type="checkbox"/>	Retiree <input type="checkbox"/>
_____	_____	Employee Spouse <input type="checkbox"/>	Retiree Spouse <input type="checkbox"/>
<i>Department Name</i>	<i>Date of Birth</i>		

150 points needed to earn the 2023 Wellness Incentive. Please sign and date below.

Task	Points	Completed (put an "X")
Consultation with a Licensed Health Professional *Health Professional must sign below <u>or</u> provide an appointment summary	100	
Smoking cessation program (completion of entire program) *Must submit program completion documentation	70	
Preventative Health Screens/Chronic Disease Management monitored at the Employee Health and Wellness Center: <ul style="list-style-type: none"> • Blood Pressure monitoring – 3 check-ins required • Cholesterol monitoring – 3 check-ins required • Bone Density Screening • Preventative cancer screening *Must provide appointment confirmation for all appointments	50 50 50 50	
200,000 steps <u>or</u> 600 minutes of activity in a calendar month *Must submit proof through tracking device or app; submit monthly total and not individual days/weeks totals	30	
Participate in two (2) City Wellness programs (excludes EAP webinars; see task below) *Sign-up required and/or item submission required to receive points	20	
Attend a Financial Wellness consultation through the Racine Financial Empowerment Center * Must submit City of Racine Financial Wellness Consultation Form	20	
Participate in an organized athletic event (walk, run, triathlon, etc) (Maximum of 2 events) *Must provide a copy of your registration	10 per event; maximum of 20 (2 events)	
Preventative Dental Exam *Must provide appointment confirmation	15	
Preventative Vision Exam *Must provide appointment confirmation	15	
Participate in a formal volunteer event (Minimum 1 hour of volunteer time) *Submit City of Racine verification form	15	
Attend Aurora EAP Webinar done quarterly through Zoom	10	

Meet with a personal trainer (Maximum of 1 session) *Must submit session/appointment confirmation	10	
Watch online webinar, here: (maximum of 2 videos) http://cityofracine.org/health/wellness	5 per video; maximum of 10	
Annual Influenza (Flu) vaccine	5	
Water Intake – drink at least 64 ounces of water 4 out of 7 days each week for one (1) month * Must submit proof through tracking device or app ; submit monthly total and not individual days/weeks totals	5	

***Submission of materials required**

Signature of Health Professional

Date Completed

_____ <i>Signature of Participant Receiving Reimbursement</i>	_____ <i>Today's Date</i>
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Submit this completed form, **NO LATER THAN November 3rd, 2023** to
City Hall, Human Resources, Room 204, 730 Washington Avenue, Racine, WI, 53403