



## 2021 COVER SHEET

**Name** \_\_\_\_\_

**Department** \_\_\_\_\_

**Date** \_\_\_\_\_

### Instructions

1. Track your completed options during the year.
2. Attach all required verifications to this form. HR will maintain a record of Safety Fair attendees (be sure to sign in!), and biometric screening and fitness evaluation participants.
3. Turn in one packet (this form + all verifications) to HR by 4:30 p.m. on **Dec. 13, 2021**.

Options	Completed
<b>What's Your Mile</b> Complete the What's Your Mile section of this form	<input type="checkbox"/>
<b>Annual Physical/Preventative Exam</b> Turn in a note from your provider, copy of a bill, or insurance explanation of benefits. Completing the biometric screening at the City's Safety Fair also counts	<input type="checkbox"/>
<b>Dental Screening</b> Turn in a note from your provider, copy of a bill, or insurance explanation of benefits	<input type="checkbox"/>
<b>Vision Screening</b> Turn in a note from your provider, copy of a bill, or insurance explanation of benefits	<input type="checkbox"/>
<b>Attend the City's Safety Fair</b> Look for details about this event in the fall	<input type="checkbox"/>
<b>Fitness Evaluation</b> Complete the Police Department's fitness test or a fitness evaluation from Parks and Recreation	<input type="checkbox"/>
<b>Volunteer Hours</b> Perform eight volunteer hours and complete the Volunteer Hours section of this form	<input type="checkbox"/>

Incentives		
Complete 3 Options	Complete 5 Options ( <i>select one</i> )	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would like a free/discounted membership to the Merriam Community Center in 2022	I would like \$100 added to my next paycheck	I would like 4 hours of wellness time (not available to part-time employees)

*Note: If you complete at least five options, you are eligible to receive the free/discounted MCC membership AND either \$100 or 4 hours of wellness time.*



## WELLNESS INCENTIVE

### Volunteer Hours

#### Volunteer Opportunity Details

**Organization** \_\_\_\_\_

**Project** \_\_\_\_\_

**Date Performed** \_\_\_\_\_

**Hours Completed** \_\_\_\_\_

#### Verification

Please have this section signed by either a representative of the organization you volunteered for or your supervisor. You may also attach a separate verification provided by the organization or additional verification forms for multiple opportunities completed.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### What's Your Mile – Cardio Fitness Test

The Rockport Walking Test is an easy way for you to determine your cardio fitness level. Complete a timed, one-mile walk and track your heart rate when you finish. Enter your time and heart rate online at <http://www.whyexercise.com/rockport-walking-test.html>, along with your weight, age and gender to help evaluate your cardiovascular health and fitness level.

#### What's Your Mile- Details

**One-Mile Walk Time** \_\_\_\_\_

**Date Completed** \_\_\_\_\_

#### Verification

I affirm that I completed a timed one-mile walk for the What's Your Mile Cardio Fitness Test.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date