



# WELLNESS INCENTIVE

The Team Merriam wellness incentive is designed to encourage employees to be proactive and mindful of their physical, mental, and social health. Build healthy habits and discover how you can feel your best and be your best by taking care of yourself.

## Points System

300 Points = \$100

400 Points\* = \$200 + 1 raffle ticket

500 Points\* = \$400 + 2 raffle tickets

## Raffle Prizes

▶ 8 hours of wellness time off (3 chances to win)

▶ \$500 gift card (3 chances to win)

\*Must have points in all categories. Benefits eligible employees only for raffle tickets. One raffle prize per employee. Non-benefits eligible part-time staff max out at 400 points.

PREVENTATIVE ESSENTIALS <b>150 POINTS REQUIRED</b> (375 POSSIBLE)	POINTS	MAX ALLOWED	MY POINTS
Annual Wellness Exam ( <i>Free; Proof from your Dr.</i> )	150	150	
Bloodwork / Biometrics Screening ( <i>On-Site or proof from your Dr.</i> )	75	75	
Preventative Exam ( <i>ex. Dermatology, Cervical/Prostate, Mammogram, etc.</i> )	50	100	
Health Risk Assessment ( <i>Blue KC</i> )	50	50	

PREVENTATIVE CARE (445 POSSIBLE)	POINTS	MAX ALLOWED	MY POINTS
Dental Exam	50	100	
Vision Exam	50	50	
Vaccine ( <i>ex. Flu, Covid, Shingles, etc.</i> )	50	100	
Blood Pressure Screening ( <i>Submit date of screening</i> )	10	40	
Alternative Therapy ( <i>ex. Massage, Chiropractic, Acupuncture, etc.</i> )	10	80	
Tobacco/Smoking Cessation Program	75	75	

PHYSICAL ACTIVITY & NUTRITION (740 POINTS POSSIBLE)	POINTS	MAX ALLOWED	MY POINTS
<b>120 PTS MAX</b>	MCC or Gym Membership ( <i>10 points/month visited</i> )	10	120
	Fitness Class	5	120
	Personal Trainer	10	120
	Physical Activity Log ( <i>Defined as 30 min/day; 1 point/day</i> )	1	120
Fitness Evaluation at the MCC	50	50	
Beep Test ( <i>Hosted by Merriam Police</i> )	50	50	
Organized Athletic Events ( <i>ex. 5k, Sports League, Triathlon, Walk Kansas, etc.</i> )	50	150	
Nutrition Log ( <i>Defined as tracking the entire day; 1 point/day</i> )	1	150	
Nutritionist Consultation	25	50	
Weight Loss Tracking/Program ( <i>ex. Weight Watchers, Slim4Life, etc.</i> )	50	50	
Sleep Health Tracking/Program ( <i>1 point/day</i> )	1	120	

<b>COMMUNITY, SOCIAL, EMOTIONAL (550 POSSIBLE)</b>	<b>POINTS</b>	<b>MAX ALLOWED</b>	<b>MY POINTS</b>
Team Merriam Volunteer Events	25	100	
Attend Employee Appreciation Event	25	50	
Community Organization Membership (ex. Rotary, Lions, Clubs, etc.)	25	50	
Blood Donation / Joining the Bone Marrow Registry	25	50	
Behavioral / Mental Health Session (ex. Counseling, EAP Visit, Support Groups, etc.)	25	150	
Coach/Mentor (per season/event)	50	50	
CPR Certification (Red Cross)	50	50	
Use 80 hours of vacation time	50	50	

<b>GROWTH, EDUCATION, LIFE PLANNING (425 POSSIBLE)</b>	<b>POINTS</b>	<b>MAX ALLOWED</b>	<b>MY POINTS</b>
Attend a Lunch & Learn	25	100	
Achieve/Renew Professional Certification (ex. CDL, CPR, Arborist, etc.)	25	50	
Financial Wellness Consultation	50	50	
Prepare Will, Living Trust, or Healthcare Directive	75	75	
Course Towards a Higher Degree	25	150	

<b>SAFETY (150 POSSIBLE)</b>	<b>POINTS</b>	<b>MAX ALLOWED</b>	<b>MY POINTS</b>
A rating of "Regularly" or "Constantly" on your Values Performance Review	25	25	
Safety Training (ex. Defensive Driver, KnowB4, etc.)	25	100	
Submit a meaningful Safety Suggestion <i>A meaningful or new initiative. Ex: Put ice mats in front of ice machines to prevent slips.</i>	5	25	

**Total Points:** \_\_\_\_\_

**Activities are for for Dec.1 - Nov. 30. Documentation is due by Dec. 1 each year.**

Participants must submit documentation for each item. Documentation can include: explanation of benefits, bill or receipt, letter from the Doctor's office, tracking log, certificate, transcript, etc. Please do not submit care results.

Employees may submit for the incentive one time per year, and the incentive earned is for the total points accumulated at that time.

Documentation must be submitted through the online form available at [merriam.org/employees](http://merriam.org/employees).

***Thank you for being proactive about your health and wellbeing!***

