



2011 Wellness Program Scorecard

Collect points through December 31, 2011, and receive wellness dollars for your Benny Card. The dollars earned will be deposited to your card in the first quarter of 2012.



Year 1 Scorecard

Activity	Frequency/Range	Incentive (and limits)
Preventive Screenings		
Physical Examination	Annually	\$200
Personal Wellness Profile (PWP)	Annually	\$100
Flu Shot	Annually	\$50
Biometrics		
Biometric Screenings	Annually	\$100 for full panel (see list below) or \$10/each
Completion of PWP and Biometric Screenings (full panel*) Bonus payment	Annually	\$50 additional bonus payment
Wellness Program Participation		
Exercise/Activity Log	50 activities in 12 weeks	\$50 per 12 weeks, up to 2 x per year
Tobacco Affidavit (tobacco free for last year)	Annually	\$50 per year
TriHealth Lifestyle Management Coaching	Complete program requirements (see qualifying list below)	\$100 (1 per year)
Participation in Humana Disease Management Program	Complete program requirements (see qualifying list below)	\$100 (1 per year)
Participation in Wellness Program Events	See qualifying list below	\$50/each with a maximum of 3

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Year 1 Scorecard continued

Biometric Screenings (can be obtained at CPS wellness fairs) include:

- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose
- Blood Pressure
- Body Mass Index
- Body Composition
- Abdominal Circumference

Lifestyle Management Coaching offered through TriHealth:

- Smoking Cessation
- Weight Management
- Nutrition
- Exercise/Physical Activity
- Stress Management
- Cholesterol Reduction
- Hypertension
- Diabetes

Disease Management offered through Humana:

- Coronary Artery Disease
- Congestive Heart Failure
- Diabetes
- Renal Disease
- Chronic Kidney Disease
- Rare Diseases
- Cancer
- Asthma

Qualifying Wellness Program Events/Activities:

- Special events offered through the CPS Wellness Program (classes, health fairs, CONCERN offerings, etc.) and other approved community events/activities (nutrition consultations, fitness consultations, Weight Watchers, etc.)
- Athletic League participation (1 per year)
- Acting as champion (coordinator) for an approved CPS wellness event
- Community event (e.g. Heart Walk/Mini Marathon, Flying Pig, Relay for Life, etc.)