

## Wellness Incentive Form



Employee: \_\_\_\_\_

Department: \_\_\_\_\_

**In order to receive the incentive, you must:**

1. Complete the online Health Assessment by **February 26, 2021**. [Beata Wellness Portal](#)
2. Complete your Health Screen between **May 1, 2020 and April 30, 2021** and upload PCP form to the wellness portal. [Sarpy County 2020 PCP Form](#)
3. Complete two Wellness Activities between **May 1, 2020 and April 30, 2021**.
4. Turn in Wellness Incentive Form and supporting activity documentation to Human Resources by **April 30, 2021**.

**Approved Wellness Activities:**

Check two activities completed. Submit documentation and Incentive Form to HR in one packet between **April 1 – April 30, 2021**.

X	Wellness Activity	Documentation
	Track 1 “Healthy Habits” activity in Beata, the online wellness platform	None. Beata will report to HR.
	Gym/home workouts – Minimum of 2 workouts per week over an 8-week period	<a href="#">Log home workouts</a> or provide gym sign in report.
	Earn 20 wellness activity points in Beata, the online wellness platform	None. Beata will report to HR.
	Flu shot after September 1, 2020.	Documentation of immunization
	Sarpy County Lunch and Learn Events	None. Wellness committee will document attendance
	Participation in a weight loss program	Proof of participation
	Attend a tobacco cessation program	Proof of participation
	Spend 20 hours volunteering	Documentation from program or agency

**Pick Your Incentive – Choose One of the Options**

<b>X</b>	<b>Incentive</b>
	<p><b>GIFT CARD*</b></p> <p>Employee Participation = \$100 gift card</p> <p>Employee + Spouse Participation = \$150 gift card</p> <p>*Spouse required to complete online Health Assessment &amp; Health Screening</p> <p>*Spouse must be on the county insurance plan to participate</p> <p style="text-align: center;"><b><i>Employee gift cards are taxable income reported on your W-2.</i></b></p>
	<p><b>VACATION LEAVE</b></p> <p>Employee Participation = 12 hours of vacation leave</p> <p>Employee + Spouse Participation = 20 hours of vacation leave</p> <p>*Spouse required to complete online Health Assessment &amp; Health Screening</p> <p>*Spouse must be on the county insurance plan to participate</p>
	<p><b>Notes:</b></p> <p>*Married couples that are both active employees will be treated as separate employees meaning that each employee will receive the \$100 gift card OR each employee will be credited with 12 hours of vacation.</p>

**TURN IN FORMS to HR!!**

Turn in this form and supporting documentation to Human Resources between **April 1 and April 30, 2021.**

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