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Wellness Incentive Program 2019

The County is pleased to build on its commitment to employee wellness in 2019 by continuing to offer the \$500/\$1,000 wellness incentive payments to employees, spouses and retirees who are enrolled in the health insurance plans.

Any big changes from last year's program?

Yes, there are two major changes:

- 1) This year's program is administered by the Ozaukee County Human Resources Department. This means applicable forms will be submitted directly to HR, and you will not have access to a wellness portal to check your points. To check points, contact Ellen Jarr in HR at ejarr@co.ozaukee.wi.us. I recommend you keep copies of your activities until it is verified you have earned 600 points.
- 2) An employee can earn a \$500 incentive even if their spouse does not participate. However, a spouse cannot earn an incentive if the employee does not complete the program.

What is the incentive?

An employee can earn \$500. If an employee has a spouse, the spouse may also participate and the couple can earn \$1,000. A spouse cannot earn an incentive if the employee does not complete the program.

How do I earn the incentive?

You must participate in the preventive care and wellness activities that are defined on Page 2. Each activity has a point value assigned to it. To earn the incentive, an individual must earn 600 points.

What is in this packet?

Page 2 – Onsite biometric events dates and locations

Page 3 – You will find a breakdown of the point structure. You can complete a mix of activities to reach 600 points.

Page 4 – Instructions on how to complete some of the activities.

What are the mandatory activities and program milestones?

December 20, 2019 – Biometric screening is a requirement and **must** be complete by 12/20/19.

December 20, 2019 – Preventative annual physical exam is a requirement and **must** be complete by 12/20/19.

December 20, 2019 – Last day to submit points.

Questions?

If you have questions, contact Chris McDonell, Human Resources Director, cmcdonell@co.ozaukee.wi.us or 262-284-8209. This packet and related forms are available online on the HR webpage: <http://www.co.ozaukee.wi.us/1499/Wellness-Program>.

Biometrics – as easy as 1, 2, 3!



- 1- Schedule your appointment
- 2- Complete your biometric screening
- 3- Earn points toward your incentive

Employees, spouses and retirees are encouraged to attend. **Information on how to schedule your appointment will be provided by mid-February 2019.** Remember that 12 hours of fasting is recommended for greatest accuracy of results. If you are unable to attend a biometric event, you can complete your biometrics with you primary care provider or at the Aurora Health Care and Group Health Trust Clinic and have them complete a Biometrics From Outside Provider Form.

Event Dates	Location	Time
Monday, February 25	Justice Center	6:30 am - 10:30 am
Tuesday, February 26	Lasata Senior Campus	6:30 am - 10:30 am
Wednesday, February 27	Administration Center	6:30 am - 10:30 am
Thursday, February 28	Lasata Senior Campus	6:30 am - 10:30 am
Friday, March 1	Justice Center	6:30 am - 10:30 am
Saturday, March 2	Aurora Clinic	7:00 am - 11:00 am
Monday, March 4	Administration Center	6:30 am - 10:30 am
Tuesday, March 5	Justice Center	6:30 am - 10:30 am
Tuesday, March 5	Justice Center	2:00 pm - 6:00 pm
Wednesday, March 6	Administration Center	6:30 am - 10:30 am

Event Addresses: **Justice Center** - 1201 S. Spring Street, Port Washington; **Lasata** - W76 N677 Wauwatosa Rd, Cedarburg; **Administration Center** – 121 W. Main Street, Port Washington; **Aurora Clinic** – 1777 W. Grand Ave. Port Washington

Incentive Checklist

The below chart is a guide to earning your incentive. You can use this page to track your points throughout the year.

		600 Points = Incentive!	
Activity	Page for More Information	Point Value	Points Earned
Biometric Appointment Must be completed by 12/20/19.	Info on page 2. If completed outside of onsite events, must complete and submit the Biometrics From Outside Provider form and submit to HR	125	
Part of the biometric	BMI passed <30	75	
	Glucose passed <100	75	
	Blood pressure passed <130/90	75	
	Total cholesterol passed <200	75	
Tobacco free passed affidavit You do not use tobacco	Complete Tobacco-Free Affidavit Form and submit to HR	100	
Aurora Freedom From Smoking May not earn these points if you have earned "Tobacco free passed affidavit" points	Information on page 4	100	
Preventative annual physical exam visit Must be complete by 12/20/19	Complete Alternative Appointment Form and submit to HR	100	
Flu shot Complete and submit the Alternative Appointment form	Complete Alternative Appointment Form and submit to HR	50	
Dental exam Complete and submit the Alternative Appointment form	Complete Alternative Appointment Form and submit to HR	50	
Vision exam Complete and submit the Alternative Appointment form	Complete Alternative Appointment Form and submit to HR	50	
Wellness coaching visits Complete 3 visits with Aurora OzHealth Nurse Practitioner	Complete Coaching Form and submit to HR. Adtl info on page 4.	75	
WCA Wellness Challenge May be completed up to four (4) times for a maximum of 100 points	Information on page 4	25	
Register for Teledoc Submit registration confirmation page to Ozaukee County Human Resources	Information on page 4	25	
GHT Medical bill review reward received May be completed up to two (2) times for a maximum of 100 points	Information on page 4	50	
Track your exercise Must complete and track 15 hours of exercise over a three (3) month span to earn 25 points. May be completed up to three (3) times for a maximum of 75 points. Three (3) month spans may not overlap.	Complete Exercise Form and submit to HR. Information on page 4	25	

Forms are available on the Human Resources webpage: <http://www.co.ozaukee.wi.us/1499/Wellness-Program>



Incentive Checklist

Additional Information

Aurora Freedom From Smoking:

Offered on-site in a small group setting for eight sessions over a seven week period. Participants receive education, motivation and relaxation techniques for successful smoking cessation. Generates higher quit rates than for people who try to quit on their own; 25% of participants report not smoking one year after the program ends, while only 5% of people who quit cold turkey remain non-smokers after one year. Participants will be notified once the on-site sessions are scheduled.

Wellness Coaching Visits

You have access to free wellness coaching visits from the County's Aurora wellness clinic's Nurse Practitioner, Elizabeth Merry. To set up a wellness-coaching visit, schedule an appointment at the clinic by calling 262-268-6603 (during clinic hours) or 262-268-6610 (outside of clinic hours). Identify yourself as an Ozaukee County clinic participant when scheduling your appointment. Have the NP complete the coaching form after each visit and submit to Human Resources when all three sessions are complete. The coaching form can be found on the Human Resources webpage:

www.co.ozaukee.wi.us/1499/Wellness-Program. Three coaching sessions must be complete to earn 75 points.

WCA Wellness Challenge

The WCA Group Health Trust will sponsor 4 challenges in 2019. Anticipated challenges include: 1) Resolution Recharge (weight loss); 2) 8th Annual Fitness Challenge (activity tracking); 3) Walk Into Fall (walking); and 4) 3 For 3 Challenge (nutrition). You can earn 25 points for each challenge in which you participate, up to a maximum 100 points. At the end of each challenge, the WCA will provide a list of participants to the county for point tracking purposes.

Register for Teledoc

You will earn 25 points if you register for Teledoc, print your confirmation page, and submit by email to Ellen Jarr (ejarr@co.ozaukee.wi.us) or by dropping it off/ mailing to: Ozaukee County, Attn: Ellen Jar – Human Resources, 121 W. Main Street, Port Washington, WI 53074.

GHT Medical Bill Review Reward Received

If you discover a billing error in your Explanation of Benefits, report it to GHT, and they will reward you 50% of the error (not exceeding \$500). If you receive a medical bill review reward from GHT, provide documentation to Ozaukee County Human Resources and you will receive 50 points. For more information call GHT at 800-826-9781 and review this [flyer](#).

Track Your Exercise

Complete and track 15 hours of exercise over a 3-month span to earn 25 points. May be completed up to 3 times in 2019 for a maximum of 75 points. Three (3) month spans may not overlap. The exercise tracking form can be found on the Human Resources webpage: www.co.ozaukee.wi.us/1499/Wellness-Program. If you have a smart device, app, gym membership, etc. that can track and report this information, feel free to complete the top section of the exercise tracking form, attach your report, and submit to HR for points.