



2023—Healthy Bucks Program

ALL PROGRAMS WILL BE VALUED AT \$50HB (MAX. \$300)

Register for all programs on <http://colliergov.GoSignMeUp.com>

For employees in or qualifying for the Premium cost share in 2023. (Spouses are not eligible.) Healthy Bucks can be used for all out-of-pocket expenses covered under the medical, dental, vision, DME, and pharmaceutical plans. ALL members on your medical plan can use your HB. You must be in or have earned the Premium level for Jan. 1, 2024 for fund activation Jan. 1, 2024.



\$150 Maximum Healthy Bucks earned by participating in these programs:

- 1.) *Hot Topics* - Member requested health topics from the 2022 Wellness education surveys - **\$50HB**
- 2.) Wellness Education Sessions—Topics on the latest Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Matters - **\$50HB** Each
- 3.) Wellness Group Fitness Programs - Employee Wellness Fitness Center—**\$50HB**
 - Participate in the Wellness-sponsored Exercise Programs (Zumba, Pilates, Yoga, etc)
 - \$30 registration fee is required for all non-Park n’Rec fitness members
 - must attend 12 of 16 exercise sessions (*Wellness group fitness free with Fitness membership*).
- 4.) 10-week Wellness Blue Zones Dining Moais Series or 10-week Wellness Walking Moais Series- **\$50HB**
 - must attend designated amount of program sessions for HB credit
- 5.) Fitness Center Program—Join the Employee Wellness Fitness Center or Park n’ Rec Centers - **\$50HB**
 - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Centers
 - fitness membership required by payroll deduct
- 6.) Complete a timed CCG Park n’Rec or chip/timed Gulf Coast Runners’ sponsored Event (specific tracking/authenticity requirements) - **\$50HB**
- 7.) Great Outdoor Adventures offers you to experience a variety of outdoor activities - **\$50HB**



The Remainder \$150 Healthy Bucks earned by participating in these RESULT-BASED HB programs:

- 1.) Complete the Holiday Weight Challenge **OR** Holiday Fitness Challenge - **\$50HB**
- 2.) *Off the Cuff* - Blood Pressure Program - **\$50HB**
 - **Blood Pressure < 130/90**
 - Maintain or lower your blood pressure to goal range by September 30, 2023
 - Attend a Wellness Blood Pressure - Weight Clinic during Aug. 1st—Sept. 29, 2023 to repeat your BP
- 3.) *Sugar Busters* - A1C Management Program - **\$50HB**
 - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
 - You will be required to have your non-fasting A1C blood glucose drawn starting July 17th, 2023.
 - All repeat non-fasting A1C blood draws conducted by appointment at the Main Campus MedCenter, 252-4257 or North MedCenter 315-7111 starting July 17th — September 30th.
- 4.) *Re-shape Your Frame* - Body Composition Program - **\$50HB**
 - **Maintain a BMI < 25 OR**
 - if **BMI is 25-29** then lose 5% of weight recorded on Midland Health Biometric Lab form **OR**
 - if **BMI is ≥ 30**, then lose 10% of weight recorded on Midland Health Biometric Lab form
 - **OR YOU CAN SELECT:**
 - **Waist Circumference Women < 35 inches Men < 40 inches**
 - **OR YOU CAN SELECT:**
 - **Percent Body Fat** (reserved for muscular individuals only) **Women ≤ 31% Men ≤ 24%** Must call the Wellness Fitness Center at 239-238-6230 to be have a % Body Fat Test scheduled.
 - **ALL FINAL BMI & Waist measurements will be repeated August 1st - September 31st, 2023 by attending a Wellness Weight - Blood Pressure Clinic.**
- 5.) *Alternate* Result-based HB programs—**\$50HB** each program
 - Offered through the MedCenters as an alternative to the *Off the Cuff, Sugar Busters or Re-shape Your Frame* programs. Call Wellness, 252-6092 for details. **Register by January 31, 2023 to qualify.**