

2024—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 2024. (Spouses are not eligible). Healthy Bucks can be used for all out-of-pocket expenses covered under the medical, dental, vision, DME, and pharmaceutical plan. ALL members on your medical plan can use your HB. You must be in or have earned the Premium level starting Jan.1, 2025 for fund activation Jan. 1, 2025.

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

- 1) Wellness Education Sessions—Topics on the latest Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Matters, Great Outdoors - **\$50HB**
- 2) 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*)
- 3) 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
- 4) Complete a timed CCG Park n'Rec or chip/timed Gulf Coast Runners' sponsored Event or a Virtual Race event—allowed due to COVID (specific tracking/authenticity requirements) - **\$50HB**

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

- 1.) Complete the Holiday Waist 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, 2024
 - Attend a Wellness Blood Pressure - Weight Clinic during Aug. 1st—Sept. 26, 2024 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 15, 2024.
 - All repeat non-fasting A1C blood draws conducted by appointment at the Main Campus MedCenter, 252-4257 or North MedCenter 315-7111 starting July 15 — September 27, 2024.
- 4.) *Re-shape Your Frame* - Body Composition Program - **\$50HB—initial measurements taken with Midland Health lab draw**
 - **Waist Circumference Women < 35 inches and Men < 40 inches**
 - **For women- if waist circumference is 35-40 inches must lose 1 inch; if > 40 inches must lose 2 inches**
 - **For men- if waist circumference is 40-45 inches must lose 1 inch; if > 45 inches must lose 2 inches**
 - **ALL FINAL Waist measurements will be repeated August 1st - September 26, 2024 by attending a Wellness Waist - Blood Pressure Clinic.**

*Alternate Result-based HB programs are available for those who may not consider the above options feasible. Must register by January 31, 2024. See Wellness for details.