

**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 chip/timed CCG Park & Rec or Gulf Coast Runners sponsored event (or a virtual race event allowed when inclement weather affects a scheduled race- specific tracking/authenticity requirements) - **\$50HB**

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

- 1) *Holiday Waist Challenge* - **\$50HB** - initial measurements taken at Wellness Waist Clinics in Aug/Sep 2023
  - Waist Circumference **Women ≤ 35 inches and Men ≤ 40 inches**
  - For women- if waist circumference is >35 inches must lose 1/2 inch
  - For men- if waist circumference is >40 inches must lose 1/2 inch
  - FINAL Waist measurement will be repeated Jan 2024 by attending a Wellness Waist Clinic
- 2) *Holiday Fitness Challenge* - **\$50HB**
  - You must have a Park n' Rec Fitness membership and **exercise 8 times for 30 mins or more during Nov/Dec 2023**
- 3) *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 Waist - Blood Pressure Clinic during Aug/Sep 2024 to repeat your BP
- 4) *Sugar Busters* - A1C Management Program - **\$50HB**
  - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
  - Have your non-fasting A1C blood glucose drawn between July 15 and Sep 30, 2024 *by appointment* only at the Main Campus MedCenter 252-4257 or North MedCenter 315-7111
- 5) *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 36-40 inches must lose 1 inch; if > 40 inches must lose 2 inches
  - For men- if waist circumference is 41-45 inches must lose 1 inch; if > 45 inches must lose 2 inches
  - ALL FINAL Waist measurements will be repeated Aug/Sep 2024 by attending a Wellness Waist - Blood Pressure Clinic.

\**Alternative* 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.