

2025 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 2025. (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, 2026 for fund activation Jan. 1, 2026.

\$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 2024
 - Waist Circumference **Women \leq 35 inches and Men \leq 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 2-9, 2025 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 2024**
- 3) *Off the Cuff* - Blood Pressure Program - **\$50HB**
 - **Blood Pressure $<$ 130/90**
 - Maintain or lower your blood pressure to goal range by September 30, 2025
 - Attend a Wellness Waist - Blood Pressure Clinic during Aug/Sep 2025 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 \leq 7%**
 - Have your non-fasting A1C blood glucose drawn between July 14 and Sep 30, 2025 *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 during Wellness Clinics Jan 2-9, 2025, or by appt with a Wellness Dietitian no later than Mar 31, 2025.
 - Waist Circumference **Women \leq 35 inches and Men \leq 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 2025 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, 2025. See Wellness for details.**

What Are Healthy Bucks?



Who can earn Healthy Bucks?

Healthy Bucks can be earned by any employee, in any cost share, who is enrolled in the Group Health Plan. The Earned Healthy Bucks Monies will be placed in an HRA account as of January 1 of the next year for those employees who are still employed by the County and who have the **Premium Cost Share as of January 1**. All Healthy Bucks earned in the current year will be available for use as of January 1st of the following year (Earned in 2025, available January 1, 2026).

What is a Health Reimbursement Account (HRA)?

A Health Reimbursement Account (HRA) is a tax-free account funded totally by the employer. The Employee's account will be credited the first day of the new calendar year following the year the Healthy Bucks were earned. **The maximum dollar amount that can be credited to the employee's account in a Calendar year is \$300.00.** These dollars can be spent during the year or can be left in the account to roll over. This balance may continue to accrue as long as the individual remains employed by the County and remains in the Premium Cost Share plan.

How do I earn my Healthy Bucks?

Educational programs and activities are organized by the Wellness Manager. Each program will earn the employee a designated value of Healthy Bucks. On January 1 of following year, the earned Healthy Bucks dollars will be deposited into a tax-free account for the employee to either spend or leave in the account to accrue from year to year.

What can I spend my Healthy Bucks on?

Healthy Bucks can be drawn from your HRA account for the following:

- Co-pays
- Deductibles
- Co-insurance amounts
- Out-of-pockets limits
- Prescription Co-pays
- Retiree Premiums/COBRA Premiums

To view your HRA account balance or submit a claim,

visit www.askallegiance.com

or download the Ask Allegiance app.