

It's Your Choice Milwaukee - The Healthy Points Incentive

To be eligible for the **Healthy Points Incentive** Program you must be:

- In the optimal category on each measure highlighted below OR
- Meet with a Workforce Health (WFH) coach to discuss changes in biometric measures from last year's three step process and establish a personal health plan for 2014

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PARTICIPANT NAME: MIKE WELL

Biometric Points Opportunity

Waist Circumference (10 Points)

	OPTIMAL	<Improvement Range>			
Male	≤40	>40-42	>42-44	>44-46	>46
Female	≤35	>35-37	>37-39	>39-41	>41

You earn 10 points by either being in the optimal category or moving down a category on the range from last year's measure.

Fasting blood glucose (10 points)

OPTIMAL	<Improvement Range>		
<100	100-125	126-139	≥140

You earn 10 points by either being in the optimal category or moving down a category on the range from last year's measure.

LDL (10 points)

OPTIMAL	<Improvement Range>			
<100	100-129	130-159	160-189	≥190

You earn 10 points by either being in the optimal category or moving down a category on the range from last year's measure.

Blood Pressure (10 points)

	OPTIMAL	<Improvement Range>		
Systolic	≤119	120 -139	140-159	≥160
Diastolic	≤79	80-89	90-95	≥96

You earn 10 points by either being in the optimal category for both systolic and diastolic, or moving down a category on the range from last year's measure.

Nicotine and Cotinine Free (10 points if free) (20 if nicotine and cotinine free after testing positive)

Nicotine & Cotinine Free

If you tested negative for Nicotine or Cotinine last year and again this year during the three step process you earn 10 points. If you tested positive for nicotine or cotinine last year and negative this year, you earn 20 points.

Nicotine: ≤2.0 AND Cotinine: ≤20.0

Primary Care Physician Release (10 points)

You will earn 10 points if you have a primary care physician (PCP) and authorize WFH to release your test results to your PCP.

Biometric Measure Points You Earned XX

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PARTICIPANT NAME: MIKE WELL

Activity Points Opportunities

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Group or Department Programs provided by, or approved by WFH maximum

Attend group health meetings:

Nicotine (Tobacco) cessation 4 weeks (10 points)

Weight management programs (WH program, Weight Watchers or comparable) 4 weeks (10 points)

Diabetes prevention program 16 weeks (20 point)

Onsite programs provided by WFH (see additional examples on attached page) (10 points) maximum of 30 points in this area

Personal Follow Up Meeting(s) or Interaction with WFH Coach

If not optimal on all four on page 1, follow up visits with WFH Coach including development and engagement with Personal Wellness Plan. Expect to spend at least 15 minutes. If optimal on all four on page one, meet with a health coach to validate current action plan. Telephone coaching may be considered when initiated by the member to the WH coach. 10 points per visit, maximum of 30 points.

Participation In Walk-Run Events Selected by City and Committee

Participate in 2 events sponsored by City and Wellness Committee (10 points each, maximum of 20 points)(See attached list of events)

Annual Dental Exam

Show a copy of your EOB or paid bill for your exam to WFH Coach (10 points)

Interaction with UHC Regarding care gap or serious medical issue

Show a copy of interaction certification provided by UHC to WFH Coach (10 points)

Sign up for MYUHC.com or UHC mobile app

Show a copy of the sign up page along with your UHC ID card to the WFH coach (10 points total)

Activity Points You Earned XX

Total points needed to earn the \$150 HRA incentive is 100. At least 30 points must come from either activities or biometric measures

Program Deadline is: Friday, March 29th, 2014

- All verification forms and meetings must be completed and received by this date.
- Retain personal copies of all submitted documentation

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Supporting Documents:

Approved Activity List and WFH programs

FAQ's

What to bring to your Health Assessment Session

RUN/WALKS MAY INCLUDE THE FOLLOWING:

- Run for the Parks – Humboldt Park, Tuesday, June 25
- Bastille Days Run/Walk, Thursday, July 11
- UNCF 5K walk/run for education, Saturday July 20
- Run/Walk for the Hungry, Thursday, July 25
- Run for the Parks – Washington Park, Wednesday July 31, 6:30
- Friends of Hank Aaron Run/Walk, Saturday August 10
- Arthritis Foundation Run/walk, Saturday, August 17
- MPS Run back to School, Saturday, August 24
- Dylan's Run for Autism, Sunday September 8
- Briggs/Stratton (Al's Run) for Children's Hospital, Saturday September 14
- Walk to End Alzheimer's, Saturday October 5
- Walk to Stop Diabetes, October 19
- Jingle Bell Run for Arthritis, Sunday, November 3 at Zoo
- Samson Stomp, Sunday January 19, 2014 at Zoo
- Cullen Healthy Heart Run, Saturday, February 15, 2014
- Milwaukee County Parks Run/Walks
- 2013 Wisconsin Bike Challenge – through Endomondo (track mileage on daily basis)
- Milwaukee County Parks Bike Passport Program (visit parks)

Workforce Health and/or City of Milwaukee staff will be present at these events for members to sign in

Examples of additional Group or Department programs, onsite programs provided by WFH include, but not limited to:

Changing My Weighs, (9 weeks with MHD)

Staycation to Wellness, (8 weeks with MHD)

Small Changes, Big Results, (12 weeks with DCD)

Second Chance: Workforce Health will consider providing blood pressure reading and waist circumference measures only a second time after October 31 for purposes of the incentive points

6/26/13 revised mjb