



City of Milwaukee
Wellness Your Choice Milwaukee
Healthy Rewards Program Description



page 1 of 2

To be eligible for the *Healthy Rewards Program* you must:

- Have completed the 3-Step Health Assessment process in 2013
 - Be in the optimal category on each measure highlighted below (measures gathered during the 3-step Health Assessment process) **OR**
 - Meet with a Workforce Health (WFH) coach to review changes in biometric measures from last year's three step process and establish a personal health plan for 2014

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 improving 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 improving 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 improving a category on the range from last year's measure.

Blood Pressure* (10 points)

	Optimal	<Improvement Range>		
Systolic	<119	120-139	140-150	>150
Diastolic	<79	80-89	90-95	>96

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

Nicotine and Cotinine Free (10 points if free)

Nicotine Free

(20 if nicotine and cotinine free after testing positive)

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.

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 Points You Earned: _____
(maximum 70 points)

* A one-time follow up measurement for your waist circumference and/or blood pressure can be completed between January 1, 2014 and March 29, 2014 to qualify for points.



City of Milwaukee
Wellness Your Choice Milwaukee
Healthy Rewards Program Description

page 2 of 2



Workforce Health

PARTICIPANT NAME: MIKE WELL

Activity Points Opportunities

Group or Department Programs provided by, or approved by WFH (maximum 30 points)

Attend group health meetings:

- Nicotine (Tobacco) Cessation- 4 week program, 10 points
- Weight Management Programs- 4 week program, 10 points
(WFH program, Weight Watchers or comparable, as determined by WFH)
- Diabetes prevention program- 16 week program, 20 points
- Onsite programs provided by WFH- 10 points, maximum of 30 points
(see additional examples on attached page)

Personal Follow Up Meeting(s) or Interaction with WFH Coach (maximum 30 points)

*You may engage with a WFH Coach to develop a Personal Wellness Plan to help reach the SMART goals you set in your 30 minute coaching session during the Health Assessment. Expect to spend at least 15 minutes. Telephone coaching may be considered when initiated by the member to the WFH coach.
10 points per visit, maximum of 30 points.*

Participation In Athletic Events (ie: Bike, Walk, Run events) (maximum 20 points)

*Participate in verifiable athletic event(s) (examples on the DER webpage)-
10 points each, maximum of 20 points*

Annual Dental Exam (maximum 10 points)

Show a copy of your EOB or paid bill for your exam in 2013 to WFH Coach- 10 points

Sign up for MYUHC.com or UHC mobile app (maximum 10 points)

Show a copy of the sign up page via smartphone, email or printed page, along with your UHC ID card to the WFH coach- 10 points

Activity Points You Earned: _____

Biometric Points (from previous page): _____

Total Healthy Rewards Points: _____

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

Program deadline is: Friday, March 29, 2014

- All verification forms and meetings must be completed and/or received by this date
- Please retain all personal copies of submitted documentation for your records