



Before they are gone!

EARN YOUR Fitbit®



2017 VC-WELL! REWARDS

*(Or choose a Wellness prize of equal value to the Fitbit® Charge 2 model on the VC-WELL REWARDS redemption site.)
Value of the incentive may be included as taxable income.*

HURRY, THESE REWARDS are LIMITED and available to Regular County Employees ONLY.

***Complete ONE requirement in each section below (for a total of 3 items)--
then submit your Fitbit Voucher Order Form.***

Please review below for clarification of requirements and details.

Access the [Wellness Program registration site](#)* from a desktop computer.



Internet Explorer Browser is recommended. (Be sure to the DISABLE "POP-UP BLOCKER"--instructions on next page.)



COMPLETE THE "WELLNESS PROFILE" QUESTIONNAIRE. An online health-related questionnaire consisting of about 50-60 questions ranging from what you eat to whether or not you wear a bicycle helmet. (It takes about 15 minutes to complete.) Login at [*www.ventura.org/registervcwell](http://www.ventura.org/registervcwell). Once logged in, click on your name, then "Complete My Wellness Questionnaire NOW!" on the left side of the page. **MUST BE COMPLETED IN 2017.**



COMPLETE THE FREE "WELLNESS PROFILE" SCREENING. Schedule appointment by logging on @ [*www.ventura.org/registervcwell](http://www.ventura.org/registervcwell). The screening measures blood pressure, height, weight, cholesterol, HDL, LDL, glucose & triglycerides. A 12-hour fast is required. Appointments are in the morning and take about 30 minutes. **(Must have been completed within 12-months prior to submission of your Fitbit® voucher form)**

OR--GET PREVENTIVE SCREENING THROUGH YOUR HEALTH CARE PROVIDER. Enter your results (blood pressure, height, weight, total cholesterol, HDL, LDL, glucose and triglycerides), on the last page of your "Wellness Profile" questionnaire by logging in @ [*www.ventura.org/registervcwell](http://www.ventura.org/registervcwell) then click on the link on the left side of the page that says, "Complete/Edit/View My Wellness Profile Questionnaire NOW". **(Must have been completed within 12-months prior to submission of your Fitbit® voucher form)**



COMPLETE the WELLtrek Corporate Games Competition (6 WEEKS, 3/25/17-5/6/17). (Average of 7,000 steps/day required)



Create an account (from a desktop computer), or log in @ <https://vcwelltrek.walkertracker.com>. If you do not have an activity/step tracker, you can use the Walkertracker platform to convert your activities into steps.

OR --COMPLETE 4 WEEKS of the WELLtrek Corporate Games Competition (Average of 7,000 steps/day required between 3/25/17 and 5/6/17) **AND participate in ONE "real" 2017 Corporate Games event** (Required: ▶ event coordinator's name ▶ name of event ▶ date of event)

Forms will not be accepted prior to 8 a.m. on May 8, 2017.

If you are unable to participate in any of the health-related activities because it is unreasonably difficult to do so due to a medical condition or because it is medically inadvisable for you to attempt to do so, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting the Wellness Program at wellness.program@ventura.org.



Voucher Order Form

We recommend that you use INTERNET EXPLORER as your browser, (to access, complete and submit your form).
If you are using Google Chrome--see page 2 for special instructions.

For Regular County Employees ONLY Rev. 4/21/17 10:28 am

By submitting this form, under the penalty of perjury, I state that I have completed ONE ITEM in EACH SECTION via a CHECKMARK (for a total of 3 ITEMS/CHECKMARKS), and certify the items therein set out are true and correct. **I will submit supporting documentation to verify the accuracy of this form if requested.** I am aware that Fitbit/Wellness prize supply is limited and submittal of this form does not guarantee I will receive a Fitbit or Wellness Prize. *Per IRS rules, the value of the incentive I choose is considered taxable income and will be reported as such.*

SECTION ONE

I COMPLETED THE "WELLNESS PROFILE" QUESTIONNAIRE/ASSESSMENT IN 2017. Month and year completed: _____

SECTION TWO

I COMPLETED the VC-WELL "WELLNESS PROFILE" SCREENING within 12-months prior to submitting this form.

My Wellness Profile Screening Date: _____

rCFr

I had the HEALTH SCREENING through my HEALTH CARE PROVIDER within 12-months prior to submitting this form.

My Health Care Providers Name: _____ Date of my visit: _____

I entered my lab results on the last page of my 2017 "Wellness Profile" Questionnaire/Assessment

ONLY physical activity performed from 3/25/17 - 5/6/17 will count toward earning a Fitbit® Charge 2, or a Wellness prize of = value to Fitbit's® Charge 2 model on the VC-WELL REWARDS redemption site.

SECTION THREE

I COMPLETED the WELLtrek "Corporate-Games-Competition" (6 WEEKS, 3/25/17- 5/6/17) with an average of 7,000 steps/day.

rCFr

I COMPLETED 4 WEEKS of the WELLtrek "Corporate-Games-Competition" with an average of 7,000 steps/day between 3/25/17 and 5/6/17).

AND I participated in ONE "real" 2017 Corporate Games event. (Event Coordinator, Event Name and Date are REQUIRED.)

Event coordinator's  _____ Event name and date:  _____

(PLEASE NOTE: Your form WILL BE REJECTED if SUBMITTED PRIOR TO 8:00 a.m. on MAY 8, 2017 and/or IF ALL requirements above are NOT MET at the time of your "SUBMISSION DATE".)

Last Name: _____ First Name: _____ MI: _____

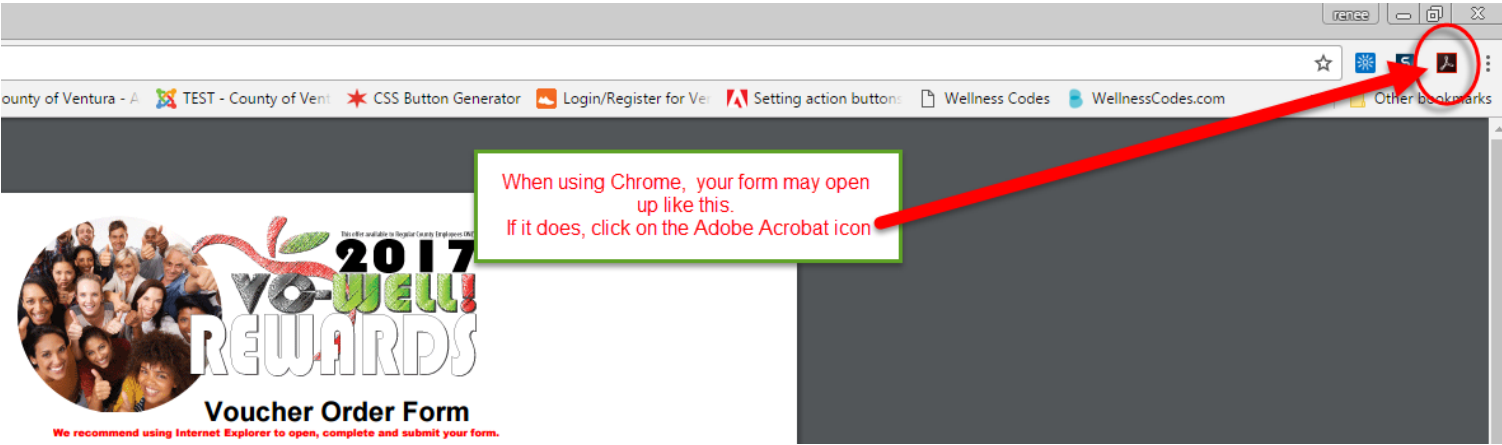
Employee ID: _____ Birthdate: _____ Daytime Phone (w/area code): _____

Email (For Fitbit voucher): _____  

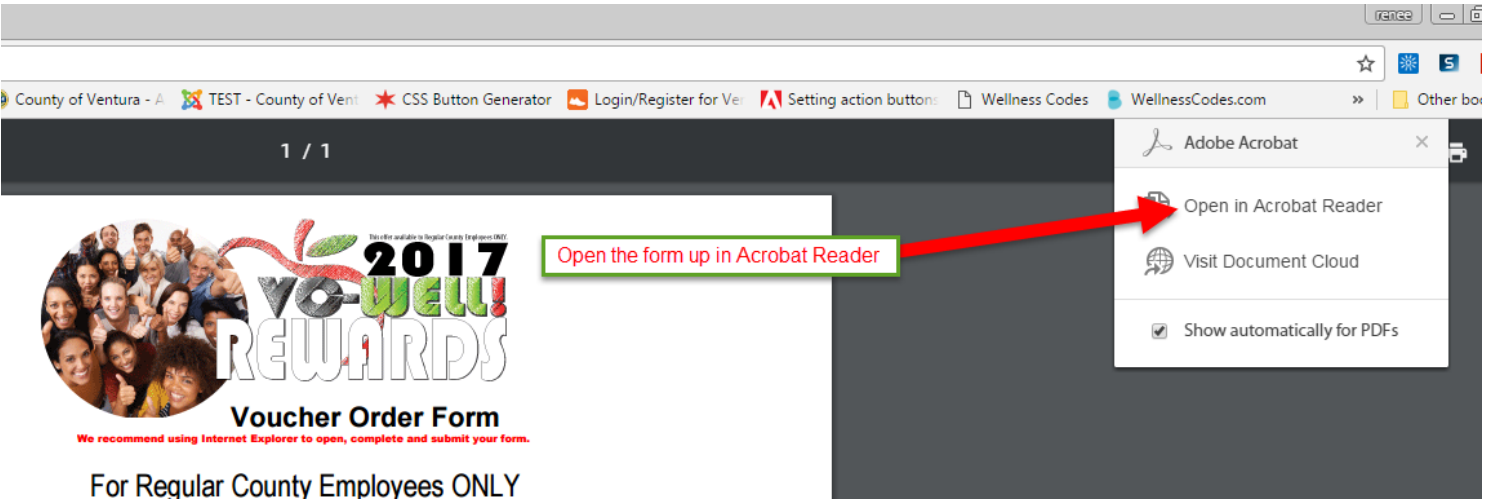
SUBMISSION DATE: _____

PAGE TWO: INSTRUCTIONS TO DOWNLOAD THE FORM IF YOU ARE USING GOOGLE CHROME...

When using Chrome, your form may open up like this.
If it does, click on the Adobe Acrobat icon



Open the form up in Acrobat Reader



You are now able to complete and submit your form!

2017 VO-WELL! REWARDS Voucher Order Form
We recommend using Internet Explorer to open, complete and submit your form.

For Regular County Employees ONLY

By submitting this form, under the penalty of perjury, I state that I have completed THREE REQUIRED ✓'d CHECKED BELOW and certify the items therein set out are true and correct. I will submit supporting documentation to verify the accuracy of this form if requested. I am aware that Fitbit/Wellness prize supply is limited and submittal of this form does not guarantee I will receive a Fitbit or Wellness Prize.

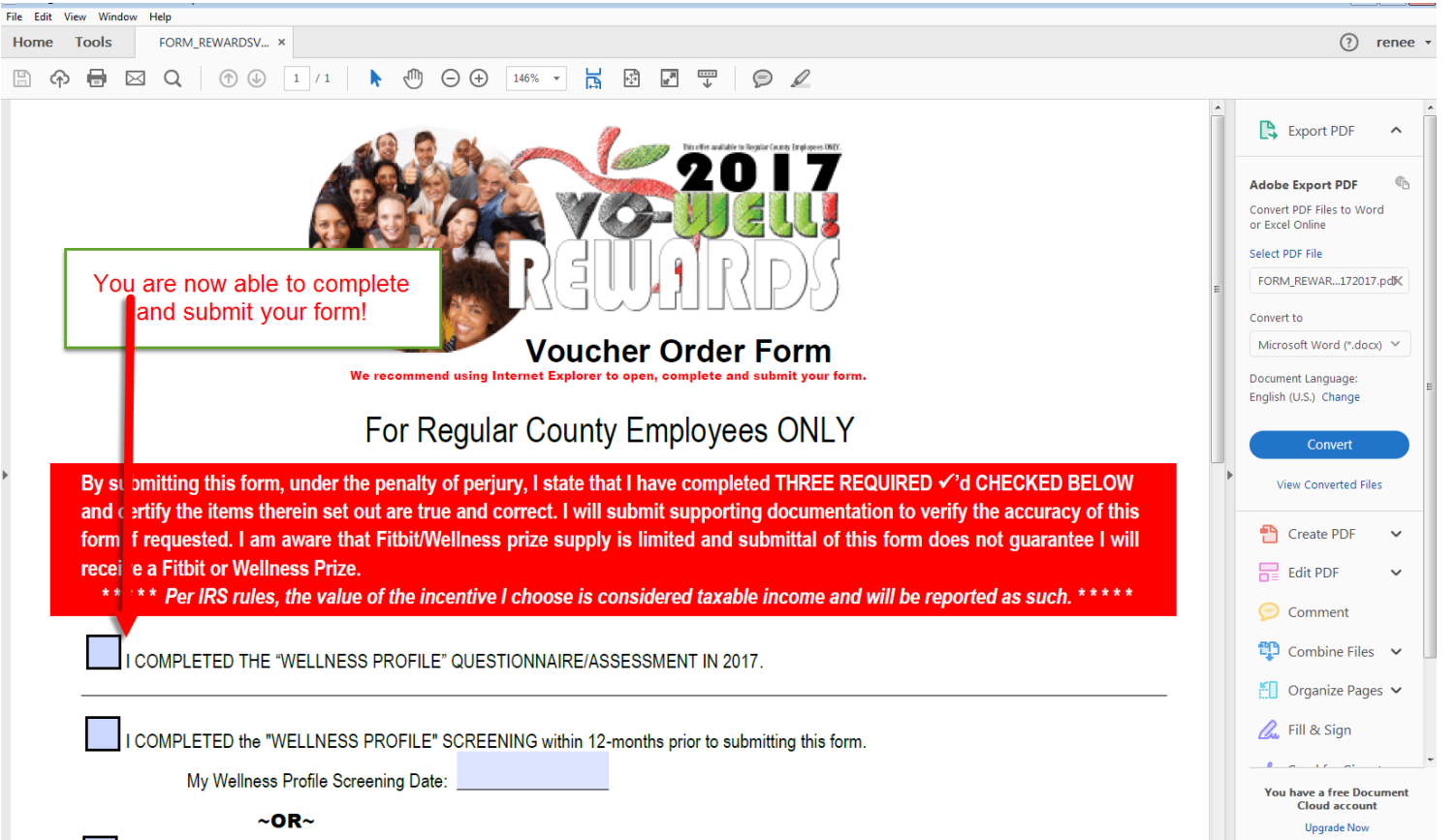
***** Per IRS rules, the value of the incentive I choose is considered taxable income and will be reported as such. *****

☐ I COMPLETED THE "WELLNESS PROFILE" QUESTIONNAIRE/ASSESSMENT IN 2017.

☐ I COMPLETED the "WELLNESS PROFILE" SCREENING within 12-months prior to submitting this form.

My Wellness Profile Screening Date:

~OR~



CHOOSE YOUR COLOR:

- ★ This is my **FIRST TIME THIS YEAR--OR EVER**
- ★ **LOCKED OUT WHILE COMPLETING THE QUESTIONNAIRE (ASSESSMENT)**
- ★ **I WANT TO VIEW OR EDIT MY QUESTIONNAIRE (ASSESSMENT)**

IF YOU ARE COMPLETING your Wellness Profile

Questionnaire (Assessment) FIRST TIME THIS YEAR or EVER...

1. Log into the Wellness Program www.ventura.org/registervcwell
2. Click on your name ("eligible participant")
3. Click on the link that corresponds to what you want to do.
4. Follow the prompts to Wellness Profile Questionnaire (Assessment)
(If you find yourself in a loop--repeatedly going back to your name, see page 2.)
5. Click on Personal Wellness Profile
6. Click on **"START NEW ASSESSMENT"**

You got **LOCKED OUT** while completing your Questionnaire

1. Log back into the Wellness Program www.ventura.org/registervcwell
2. Click on your name ("eligible participant")
3. Click on the link that corresponds to what you want to do.
4. Follow the prompts to Wellness Profile Questionnaire (Assessment)
(If you find yourself in a loop--repeatedly going back to your name, see page 2.)
5. Click on Personal Wellness Profile
6. Scroll to the bottom of the page to **"EDIT AN ASSESSMENT"**

IF YOU want to **VIEW** or **EDIT** your Wellness Profile Questionnaire (Assessment) ...

1. Log into the Wellness Program www.ventura.org/registervcwell
2. Click on your name ("eligible participant")
3. Click on the link that corresponds to what you want to do.
4. Follow the prompts to Wellness Profile Questionnaire (Assessment)
(If you find yourself in a loop--repeatedly going back to your name see page 3.)
5. Click on Personal Wellness Profile
6. Scroll to the bottom of the page to **"EDIT AN ASSESSMENT"**

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My S
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Attendance
History

WHAT IS A
WELLNESS
PROFILE

COMPLETE my
Wellness Profile
Questionnaire
NOW

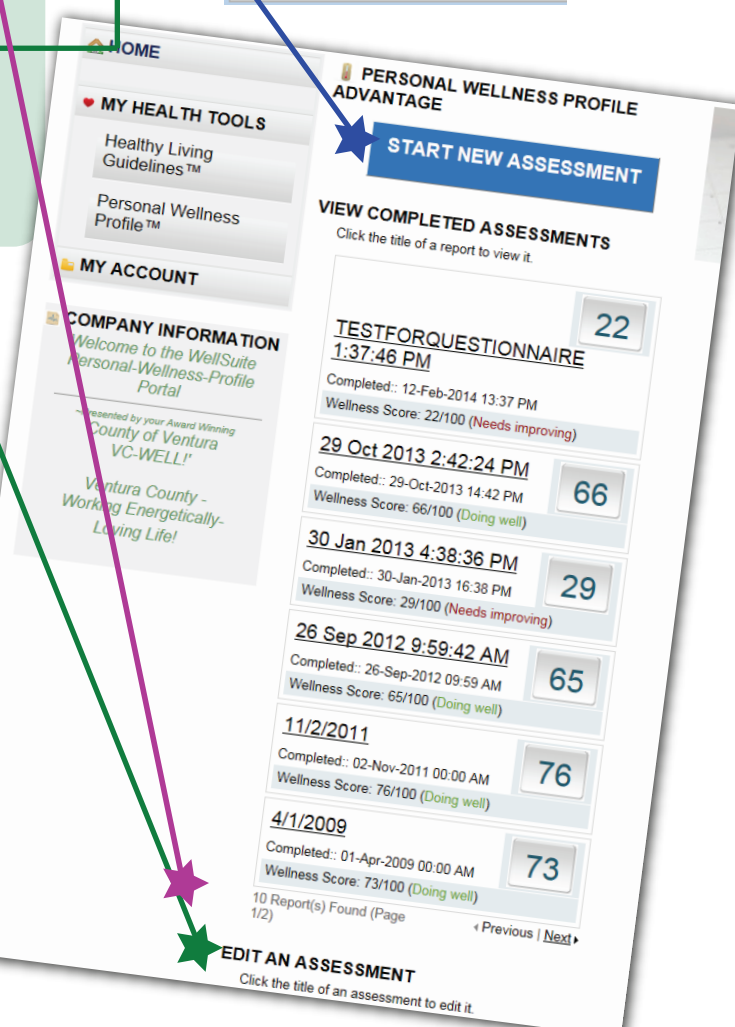
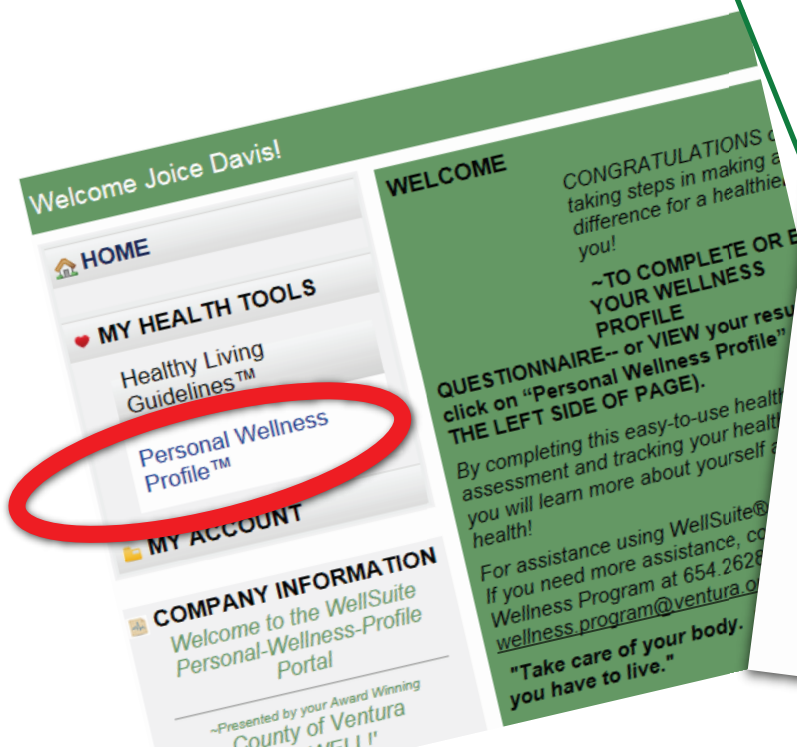
VIEW my
Wellness Profile
results (To
VIEW your
results you
must have
already
completed your
Wellness Profile
Questionnaire)

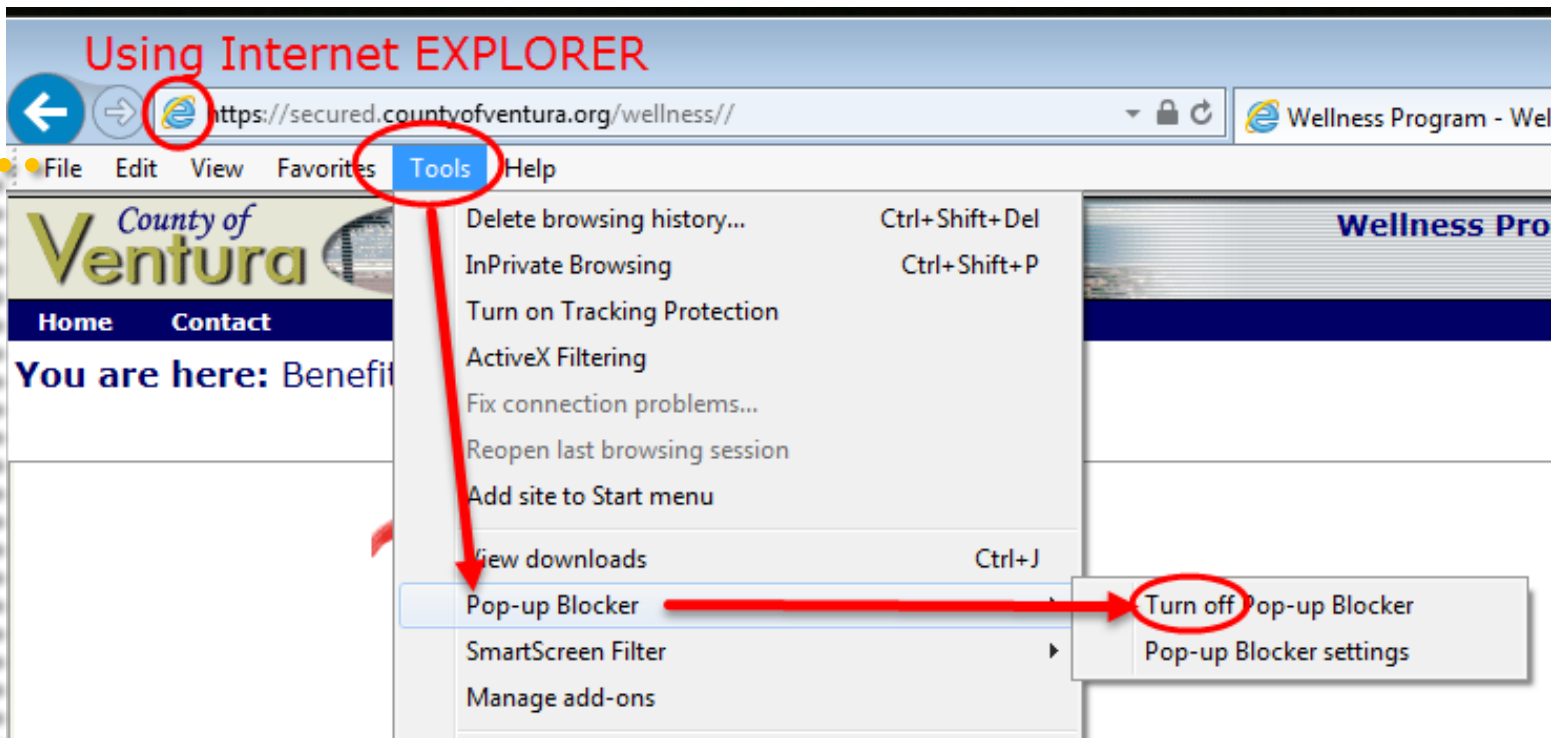
VIEW/EDIT my
Wellness Profile
Demographics


Click
Email

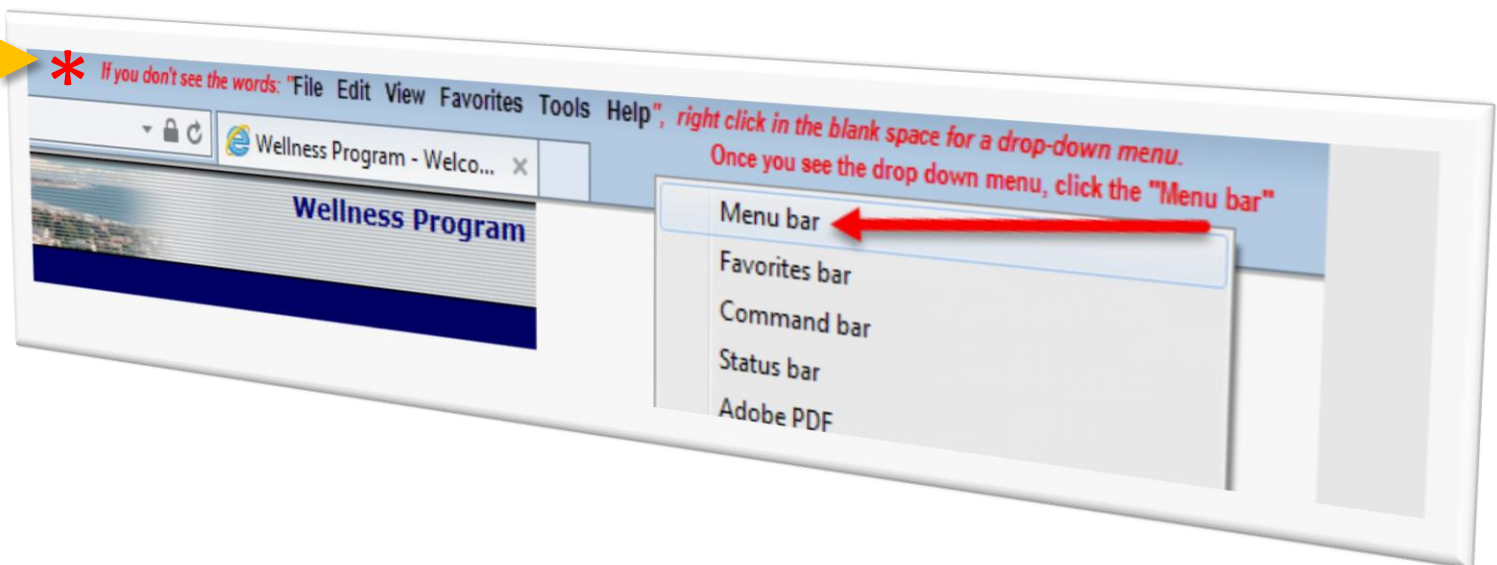
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1. Using Internet Explorer  click on the word, **"Tools"** *
2. Move your mouse downward to the words, **"Pop-up Blocker"**.
3. If your **"Pop-up Blocker"** says, **"Turn off..."** click on *those words* to turn it off.
4. Now, you should be able to proceed to the questionnaire portion of your Wellness Profile.



After you click on the words, **"Menu bar"**—you should see the words, **"File Edit View Favorites Tools Help"**.

Click on **"Tools"** and continue to #3 in the steps above.