

# Take action toward better health and earn up to \$300!

Get rewarded for taking care of yourself!

Complete various activities in the VC- WELL 2020 WELLthy Reward\$ Program and be eligible to receive one of 1000 cash awards\*. Award amounts will be \$100 (Bronze), \$200 (Silver), or \$300 (Gold).



## ✓ Participating in the programs as easy as 1-2-3!

- 1. Pick** any and as many VC-WELL activities to complete and achieve either Bronze, Silver or Gold status. Activities need to be completed during the program time period: January – August, 2020.
  - a. The Wellness Profile is no longer a mandatory activity.
  - b. Choose any combination of activities to earn points to achieve your choice of award status.
- 2. Register** for an activity on the wellness program registration page: [www.ventura.org/registervcwell](http://www.ventura.org/registervcwell). Activities must be **completed** by deadline to earn points:
  - a. To register & participate in WELLtrek challenges you must have an account: <https://vcwelltrek.walkertracker.com/>.
  - b. Employees with an active WELLtrek account are automatically registered for every challenge.
- 3. Monitor** your activity points status by checking your account on the wellness registration page.
  - a. Points status for all employees are updated every 4-6 weeks.

**\*The first 110 employees to achieve Gold status will receive \$300, the next 220 employees to achieve Gold or Silver status will receive \$200, and the next 670 employees who achieve Gold, Silver or Bronze status will receive \$100.**

## ✓ Program Eligibility:

- You must be a Regular-class employee participating in the County of Ventura's Flexible Benefits Program to be eligible for the WELLthy Reward\$ Program, and you must receive a paycheck on November 6, 2020 to be eligible to get an award.
- Due to IRS regulations, all cash awards are taxable. Please consult with your tax advisor on any potential impact a cash award may have on your paycheck.
- Cash awards will be limited to the first 1000 eligible employees who achieve a status.

**\*COMPLETE various VC-WELL activities to earn points toward Bronze, Silver or Gold status:**

Wellness biometric screening or Dr. physical.....	50 points
Wellness profile questionnaire.....	50 points
Online health education classes (12).....	5 points per class
Physical activity events (6).....	5 points per event
WELLtrek Activity Challenges (4).....	20 points per challenge
WELLtrek Million Step March.....	80 points
WELLtrek 2 Million Step March.....	40 points
WELLtrek Wellness Challenges (2).....	20 points per challenge
Health Pledge.....	5 or 10 points
<b>100-199 points = Bronze - \$100 cash award (670 awards)</b>	
<b>200-299 points = Silver - \$200 cash award (220 awards)</b>	
<b>&gt;299 points = Gold - \$300 cash award (110 awards)</b>	

\*This menu of activities is not a final comprehensive list; activities may be added throughout the year (January – August, 2020) and communicated via all-County email and/or VC-WELL website.

To be eligible for cash prizes, ALL ACTIVITIES MUST BE COMPLETED BY **August 31, 2020**.

**Key Details:**

- The wellness biometric screening and wellness profile questionnaire are intended to be educational in nature, not as a substitute for health care with your doctor. Employees are limited to **one** wellness screening & questionnaire per calendar year. Follow-up blood work for known conditions should be done with your Dr.
- All wellness activities for this program will have a point value. (All activities EXCEPT WELLtrek Challenges, will be tracked using the County’s Wellness Registration page.)
- You must register for all wellness classes/program/activities on the Wellness Registration page (EXCEPT for WELLtrek Challenges)
- Since most County sites don’t have onsite physical activity classes, points are no longer being awarded for group activity classes such as Yoga, Pilates, Boot Camp, Zumba, etc. However, you will be able to convert your time for any class you take into steps using the activity converter on the WELLtrek platform. Steps will count toward WELLtrek challenges happening at that time, including Million Step Marches.
- If you are unable to participate in any WELLthy Reward\$ activity to earn points because it is unreasonably difficult to do so due to a medical condition or because it is medically inadvisable for you to do so, you may be entitled to a reasonable accommodation or an alternative standard. For assistance, please contact VC-WELL at [Wellness.program@Ventura.org](mailto:Wellness.program@Ventura.org) or (805) 654-2628.
- There will be a 4-week appeals period after the program period ends on AUGUST 31, 2020. If you feel your points status is not accurate you can complete an appeal by the deadline.

***Don’t let time run out! Get started today!***

For more information, contact the VC-WELL team: [Wellness.Program@ventura.org](mailto:Wellness.Program@ventura.org)