

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 must be completed during the program time period: January – August 31, 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. Complete** your activities. Activities must be **completed** by stated deadline to earn points.
 - a. To register for the onsite screening and questionnaire please go to the Wellness Registration page: www.Ventura.org/registervcwell.
 - b. To register & participate in WELLtrek challenges you must have an account: <https://vcwelltrek.walkertracker.com/>. Employees with an active account are automatically registered for every challenge.
 - c. For access to online health education courses and program forms (health pledges & Dr. physical forms), please visit our webpage: www.ventura.org/vcwell.
- 3. Monitor** your activity points. Points status updates will be emailed every two months.
 - a. Points status updates only reflect points earned for the time period stated.

***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
WELLtrek Million Step March	80 points
WELLtrek 2 Million Step March	40 points
Online health education courses & webinars (19)	5 points per class
WELLtrek Activity Challenges (3)	20 points per challenge
WELLtrek Wellness Challenges (2)	20 points per challenge
Health Pledge (1)	5 or 10 points
Fidelity “My Money Check-Up” (1)	5 points
100-174 points = Bronze - \$100 cash award (670 awards)	
175-249 points = Silver - \$200 cash award (220 awards)	
>249 points = Gold - \$300 cash award (110 awards)	

*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 (see table above).
- [Please visit the Fidelity webpage to complete the “My Money Check-Up”](#)
- 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 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