



## Wellness Activities and Rewards

*Frederick County is committed to the Health and Wellness of its employees. Wellness initiatives include options which reward employees for action, awareness, and achievement involving participation in a health assessment, preventative screenings, and a variety of other designated wellness activities.*

| Wellness Activity  | Points | Wellness Activity  | Points | Wellness Activity  | Points       |
|--|--------|--|--------|--|--------------|
| Complete Anthem Health Assessment<br>(Note: This MUST be completed in order to participate!) | 50     | Vision Screening   | 15     | Participate in approved Weight Management Program  | 25           |
| Spouse/Dependent age 19+ completes the Health Assessment                                     | 25     | Participate in Anthem's Healthy Lifestyles   | 20     | Participate in Anthem's Health Record  | 15           |
| Annual Physical (including cholesterol and glucose)  | 50     | Attend Worksite Wellness Workshop*   | 10     | Participate in worksite walking program  | 10           |
| Get a Flu Vaccine  | 5      | Certify/Renew CPR or First Aid   | 10     | Tobacco Free   | 30           |
| Cholesterol Screening Only   | 10     | Donate Blood   | 5      | Future Moms  | 10           |
| Glucose Screening Only   | 10     | Participate in Anthem's Condition Care Program   | 20     | Participate in Stress Reduction Activity   | 10           |
| Colorectal Screening   | 40     | Participate in local Fitness Program/Gym   | 15     |  |              |
| Preventative Dental Exam (max 20 points)   | 10     | Current Healthy Habit (after dinner walk, flossing, drinking plenty of water each day, etc.) | 5      | Participate in a nationally recognized or community health related event (example: Relay for Life) | 15           |
| Well Women's Exam – includes pap smear and physician's breast exam                           | 15     |  |        |  |              |
| Well Men's Exam – includes prostate exam/screening (PSA)                                     | 15     | Mammogram  | 15     | Utilize Optima's EAP   | 10           |
| Utilize Anthem's 24/7 Nurse Line   | 5      | <b>Total number of points up to 175 = Reward Value</b>                                       |        | <b>Total Possible Reward=</b>  | <b>\$175</b> |

**\*\*\*Turn in your activities to HR during the month of February to receive your reward in April\*\*\***

### Additional Wellness Activities

- Free admission to the County Community Centers with ID badge.
- Free participation for groups of employees that wish to sign up for a sport with Parks & Recreation.
  - Xtreme Fit Classes will continue to be offered at no cost to the employee.
  - Continue subsidy and payroll deduction for Valley Health Fitness & Wellness Center.