



City of Milwaukee
Wellness Your Choice Milwaukee
Healthy Rewards Program
May 1 - July 31, 2014
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To be eligible for the *Healthy Rewards Program* you must:

- Have completed the 3-Step Health Assessment process in 2013

PARTICIPANT NAME: MIKE WELL

Biometric Points Opportunities

Waist Circumference* (10 Points)

You earn 10 points by either being in the optimal category or improving a category on the range from last year's measure.

	Optimal	<Improvement Range>
Male	≤40	>40-42 >42-44 >44-46 >46
Female	≤35	>35-37 >37-39 >39-41 >41

Fasting Blood Glucose (10 points)

You earn 10 points by either being in the optimal category or improving a category on the range from last year's measure.

Optimal	<Improvement Range>
<100	100-125 126-139 ≥140

LDL (10 points)

You earn 10 points by either being in the optimal category or improving a category on the range from last year's measure.

Optimal	<Improvement Range>
<100	100-129 130-159 160-189 ≥190

Blood Pressure* (10 points)

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.

	Optimal	<Improvement Range>
Systolic	≤119	120-139 140-149 ≥150
Diastolic	≤79	80-89 90-95 ≥96

Nicotine and Cotinine Free (10 points if free, 20 points if free after testing positive in 2012)

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)
 *If you're under 50 points, you must complete a coaching session-see page 2

** A one-time follow up measurement for your waist circumference and/or blood pressure can be completed between May 15, 2014 and July 31, 2014 to qualify for points.*



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Activity Points Opportunities

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

Attend group health meetings:

- Nicotine (Tobacco) Cessation- 4 week program, 10 points
- Weight Management Programs- 4 week program, 10 points
- Diabetes prevention program- 16 week program, 20 points
- Onsite programs provided by WFH- 10 points, max of 30 points

Personal Follow Up Meeting(s) or Interaction with WFH Coach (10 points per visit, max 30 points)

If you scored less than 50 points on page 1, you are required to have at least one personal follow up meeting with a WFH Coach. Expect to spend at least 15 minutes. Telephone coaching may be considered when initiated by the member to the WFH coach. Call 414-777-3410 to set up your telephonic appointment.

Please note: A signed consent is required prior to first personal follow up meeting

Participation In Athletic Events (ie: Bike, Walk, Run events) (10 points per event, max 20 points)

Participate in verifiable athletic event(s) (examples on the DER webpage). Events must have taken place between January 1, 2013 and July 31, 2014

Annual Dental Exam (10 points, max 10 points)

Show a copy of your explanation of benefits (EOB) or paid bill for your exam to WFH Coach or cityofmke@froedtert.com. Exam must take place between January 1, 2013 and July 31, 2014 to qualify

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

Show a copy of the sign up page via smartphone, e-mail or printed page to a WFH coach or cityofmke@froedtert.com

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 biometric measures.

Program deadline is: Thursday, July 31, 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