

**Athens County Health Challenge – 2019 Benefits Program
For EXTRA PERSONAL DAY ONLY October 1,
2018 – August 15, 2019**

350 Points Needed to Meet Requirements

Activity	Dates	Points/Frequency	Description	Verification Needed	
P R E V E N T I V E	Annual Physical	10/1/18-8/15/2019	50 Max 1x	Annual physical check up	Physician Verification form, EOB or bill specifically stating reason for visit.
	Blood Draw (w/lab analysis)	10/1/18-8/15/2019	50 Max 1x	38 Panel Blood Draw & Health Evaluation	Physician Verification form, EOB or bill specifically stating reason for visit.
	Annual Gynecological Exam	10/1/18-8/15/2019	50 Max 1x	Annual routine gynecological exam, pap smear	Physician Verification form, EOB or bill specifically stating reason for visit.
	Mammogram	10/1/18-8/15/2019	50 Max 1x	Annual exam	Physician Verification form, EOB or bill specifically stating reason for visit.
	Colonoscopy	10/1/18-8/15/2019	50 Max 1x	Annual exam	Physician Verification form, EOB or bill specifically stating reason for visit.
	Prostate Screen	10/1/18-8/15/2019	50 Max 1x	PSA test	Physician Verification form, EOB or bill specifically stating reason for visit.
	Dental Exam	10/1/18-8/15/2019	50 Max 1x	Routine exam	Physician Verification form, EOB or bill specifically stating reason for visit.
	Eye Exam	10/1/18-8/15/2019	50 Max 1x	Annual exam	Physician Verification form, EOB or bill specifically stating reason for visit.
	Hearing Exam	10/1/18-8/15/2019	50 Max 1x	Annual exam	Physician Verification form, EOB or bill specifically stating reason for visit.
	Cancer Exam	10/1/18-8/15/2019	50 Max 1x	Annual exam	Physician Verification form, EOB or bill specifically stating reason for visit.
	Flu Shot	10/1/18-8/15/2019	50 Max 1x	Annual	Physician Verification form, EOB or bill specifically stating reason for visit.

P H Y S I C A L A C T I V I T Y	A.C.E. Wellness Walk	10/1/18-8/15/2019	50 Max 1x	Participation in County planned fitness event	Sign in sheet
	Break & Walk Events	10/1/18-8/15/2019	50 Max 2x	Participation in County Break & Walks	Sign in sheet
	30 Minutes of Physical Activity	10/1/18-8/15/2019	5 per quarter	Perform 30 minutes of physical activity of choice.	Code of Honor
	Fitness Challenge	10/1/18-8/15/2019	50 Max 1x	Complete Fitness Challenge activities.	Code of Honor
	Short distance event	10/1/18-8/15/2019	10 Max 4x	Possible events include 5k or 10k walk/run, less than 25 mile bike event, Warrior Dash.	Registration or running number.
	Medium distance event	10/1/18-8/15/2019	20 Max 3x	Possible events include half-marathon, 25-60 mile biking event.	Registration or running number.
	Long distance event	10/1/18-8/15/2019	50 Max 2x	Possible events include marathon, more than 60 mile bike ride, triathlon.	Registration or running number.
	Walking Pedometer Program	Oct-Dec Jan - March April - June July - Aug	35 pts – 250,000 steps 40 pts – 500,000 steps 45 pts – 750,000 steps 50 pts – 1 million steps Max 1x per quarter	Walking program using downloadable pedometer to record steps.	Electronic downloaded data. No hand written data.
	30 minute Home/External or Gym Workouts	Oct-Dec Jan - March April - June July - Aug	20 20 20 Max 1x per quarter	Minimum of 30 minutes per session/day. Walking not included (see walking pedometer program). Yoga classes, Refit, etc.	Fitness log or gym printout.

E D U C A T I O N	Lunch –n- Learn	10/1/18-8/15/2019	50 Max 2x	Lunch & incentives provided @ each session	Sign in sheet.
	Athens Co. Wellness Health Fair	June 4, 2019	50 Max 1x	Participate in Athens Co. Wellness Health Fair.	Punch card.
	Smoking Cessation Program	10/1/18-8/15/2019	50 Max 1x	Completion of accredited program.* Must complete minimal of 8x for group sessions and 3x for individual sessions.	Certificate of completion.
	Stress Management Program	10/1/18-8/15/2019	50 Max 1x	Completion of accredited program.*	Certificate of completion.
	Diabetes Management Program	10/1/18-8/15/2019	50 Max 1x	Completion of accredited program.* Must complete minimal of 10x for group sessions and 5x for individual sessions.	Dr. referral needed to attend program. Certificate of completion.
	Financial Management Program	10/1/18-8/15/2019	50 Max 2x	Completion of session.	Sign in sheet.
	Attend Training on Preparing Healthy Meals	10/1/18-8/15/2019	50 Max 2x	Completion of accredited program.*	Certificate of completion.
	Interactive Health Program	10/1/18-8/15/2019	50 Max 1x	Participate in the Interactive Health Program	CEBCO Interactive Health document
	Weight Loss Program	10/1/18-8/15/2019	50 Max 1x	Accredited program** (Ex. Weight Watchers)	Certificate of completion.

*Taught by a physician, nurse, health educator or other healthcare professional.

**Physician controlled weight management program and/or program conducted by “accredited” organization.

Send verification by August 15, 2019, to JoAnn Rockhold at jsikorski@athensoh.org, or deliver to 15 S. Court Street, 2nd floor Annex building.

All items not covered by the insurance plan will be the responsibility of the employee.