



## BELTON HEALTH & WELLNESS INCENTIVE 2008-2009

May 1, 2008 through April 30, 2009

In the 2008-2009 academic year Belton School District employees are eligible to receive an \$85 cash incentive (less taxes and retirement). In order to receive the incentive you must complete the following requirements:

- Annual Health Risk Assessment (**no documentation needed**)
- Annual biometric health screening (Aug. 14, 15, or 18) (**no documentation needed**)
- Any **TWO** of the following activities (**one per semester**):

**Check all that apply and provide documentation.**

- Annual physician well-visit
- Mammogram
- Annual Well Woman OB/GYN visit
- Diet tracking (ex. Sparkpeople.com) (*minimum of 3 days per week for 6 consecutive weeks*)
- Exercise tracking (ex. Sparkpeople.com) (*minimum of 3 days per week for 6 consecutive weeks*)

**The following activities do not require documentation as your participation has been tracked by Kate Zeysing. Please check all that apply.**

*First semester:*

- "Creating a Wellness Action Plan" seminar 9/18/08
- "Taste the Rainbow" nutrition program 10/08
- "Pre-Diabetes: It's Not Too Late" seminar
- "Maintain Don't Gain" holiday wellness program 11/17/08-1/2/09
- "Simplify Your Life" seminar 12/3/08

*Second semester:*

- "Strength Training: Anytime, Anywhere" seminar 1/28/09
- "Stop & Go: Fast Food Nutrition Guide" email program 2/9/09-2/27/09
- "The Hearts of Women" seminar 2/25/09
- "Healthy Lunches: Brown Bagging or Eating Out" seminar 3/4/09
- "Around the World in 50,000 Steps" team walking program 3/23/09-5/1/09
- "Forever Young Diet & Lifestyle" seminar 4/15/09

Printed Name: \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please return this form by May 26<sup>th</sup>, 2009 with documentation attached to Kate Zeysing  
CO 3<sup>rd</sup> floor.