

Wellness Incentive Form



Employee: _____

Department: _____

In order to receive the incentive, you must:

1. Complete the online Health Assessment by **February 26, 2022**. [Beata Wellness Portal](#)
2. Complete your Health Screen between **May 1, 2021 and April 30, 2022** and upload PCP form to the wellness portal. [Sarpy County 2020 PCP Form](#)
3. Complete two Wellness Activities between **May 1, 2021 and April 30, 2022**.
4. Turn in Wellness Incentive Form and supporting activity documentation to Human Resources by **April 30, 2022**.

Approved Wellness Activities:

Check two activities completed. Submit documentation and Incentive Form to HR in one packet between **April 1 – April 30, 2022**.

X	Wellness Activity	Documentation
<input type="checkbox"/>	Track 1 “Healthy Habits” activity in Beata, the online wellness platform	None. Beata will report to HR.
<input type="checkbox"/>	Gym/home workouts – Minimum of 2 workouts per week over an 8-week period	Log home workouts or provide gym sign in report.
<input type="checkbox"/>	Earn 20 wellness activity points in Beata, the online wellness platform	None. Beata will report to HR.
<input type="checkbox"/>	Flu shot, COVID vaccination or COVID booster after September 1, 2021	Documentation of immunization
<input type="checkbox"/>	Sarpy County Lunch and Learn Events	None. Wellness committee will document attendance
<input type="checkbox"/>	Participation in a weight loss program	Proof of participation
<input type="checkbox"/>	Attend a tobacco cessation program	Proof of participation
<input type="checkbox"/>	Spend 20 hours volunteering	Documentation from program or agency
<input type="checkbox"/>	Take technology out challenge.	None, Beata will report to HR

Pick Your Incentive – Choose One of the Options

X	Incentive
	<p>GIFT CARD*</p> <p><input type="checkbox"/> Employee Participation = \$100 gift card</p> <p><input type="checkbox"/> Employee + Spouse Participation = \$150 gift card *Spouse required to complete online Health Assessment & Health Screening *Spouse must be on the county insurance plan to participate</p> <p style="text-align: center;"><i>Employee gift cards are taxable income reported on your W-2.</i></p>
	<p>VACATION LEAVE</p> <p><input type="checkbox"/> Employee Participation = 12 hours of vacation leave</p> <p><input type="checkbox"/> Employee + Spouse Participation = 20 hours of vacation leave *Spouse required to complete online Health Assessment & Health Screening *Spouse must be on the county insurance plan to participate</p>
	<p>Notes: *Married couples that are both active employees will be treated as separate employees meaning that each employee will receive the \$100 gift card OR each employee will be credited with 12 hours of vacation.</p>

TURN IN FORMS to HR!!

Turn in this form and supporting documentation to Human Resources between **April 1 and April 30, 2022.**

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