

Activities Description - SACS 2019 Wellness Incentive Plan

To access the Lutheran Health Network (LHN) portal, log in at www.lhnwellness.com

BE WELL	SACS Onsite Clinic Services: Annual Adult Wellness Exam	Visit the SACS Onsite Clinic for an Annual Adult Wellness Exam. You may also visit your physician to complete your Annual Adult Wellness exam (requires documentation upload to the LHN portal). Points are awarded for one Adult Wellness Exam per year.
	SACS Onsite Clinic Services: Annual Adult Wellness Exam: Blood Pressure at or below 130/80	During your Annual Adult Wellness Exam, SACS Onsite Clinic will take your blood pressure. To earn points, you must have a blood pressure reading of 130/80 or lower.
	Clinic Services: Annual Adult Wellness Exam: BMI at or below 30 or year over year decrease of 2% or more	During your Annual Adult Wellness Exam, SACS Onsite Clinic will take your height and weight to calculate your BMI. To earn points, your BMI must be below 30, or you must have a 2% or more decrease from the previous year.
	SACS Onsite Clinic Service: Annual Adult Wellness Exam: Fasting glucose less than 100mg/dL	During your Annual Adult Wellness Exam, SACS Onsite Clinic will take a small sample of blood to measure your glucose. To earn points, your fasting glucose must be less than 100 mg/dL.
	SACS Onsite Clinic Services: Meet with the health educator to review the results of your Annual Adult Wellness Exam	The SACS Onsite Clinic health educator is available to assist you in defining and reaching your health goals. It is highly recommended that you schedule an appointment to go over the results of your Annual Adult Wellness Exam.
	SACS Onsite Clinic Services: In-house wellness education session facilitated by the health educator	From time to time, the SACS Onsite Clinic health educator will facilitate a wellness education session at the clinic. These sessions are designed to increase awareness on health and wellness topics. You will earn 2 points for each in-house wellness education session you attend.
	SACS Onsite Clinic Services: Receive an annual flu shot	Visit the SACS Onsite Clinic to receive your annual flu shot. The best time to visit is at the beginning of flu season (October), but you can receive a flu shot at any time during flu season.
LEARN WELL	Complete the Lutheran Health Network (LHN) Online Portal Tutorial	Log on to the LHN online portal and complete the tutorial to learn how to navigate the site. You will earn one point for completing the tutorial. To access the portal, log on to www.lhnwellness.com
	Complete the class "Nutrition: What, Why, How" via the LHN portal	There are many classes available on the LHN online portal designed to assist you in protecting and improving your health. Nutrition, Fitness, Stress, and Sleep are key components to manage in order to be your best self. Classes are quick, self-paced, and include a short quiz. You will earn one point for each of these classes you complete. To access them, log on to www.lhnwellness.com and click on My Actions > Classes
	Complete the class "Everyday Fitness" via the LHN portal	
	Complete the class "Stress: Reducing and Managing Stress and Its Effects on the Body" via the LHN portal	
	Complete the class "Sleep" via the LHN portal	
	Complete any additional class via the LHN portal	
	Participate in the 8 week Diet Free Lifestyle Program	To earn points, you must attend at least 7 of the 8 program sessions, or complete the program online.
LIVE WELL	Participate in the "Get Active" Wellness Challenge	You must track (via the LHN online portal) physical activity for 60 of 90 days (anything that gets you moving counts: yoga, walking, jogging, gardening, cycling, strength training, pilates, crossfit, swimming, water aerobics, zumba, rowing, etc). For each 60 of 90 days you track your activity, you will earn 5 points - so keep moving all year long to earn more points! To access the LHN portal, log on to www.lhnwellness.com
	Participate in the "Self-Care" Challenge	You must track (via the LHN online portal) Self-Care behaviors for 60 of 90 days. You will earn 5 points for completing the challenge. To access the LHN portal, log on to www.lhnwellness.com
	Participate in the "Sleep" Challenge	You must track (via the LHN online portal) Sleep behaviors for 60 of 90 days. You will earn 5 points for completing the challenge. To access the LHN portal, log on to www.lhnwellness.com
	Completion of Select Preventive Care Screenings	Talk with your doctor about which screenings are best for you. Points are awarded the first time each calendar year you receive any of the following individual preventive screenings: Prostate Exam, PSA blood test (male), Mammogram, Pap Smear (female), Cardiorisk (Heart Scan), CT Lung Cancer Scan, Dexa Bone Density Testing, Colorectal Cancer Screening.
	Complete individual or group training program through Optimum Performance Sports (OPS)	OPS programs are for those who want to reach their full potential through optimum movement, improved balance and enhanced strength. Points are earned for completing an individual or group program through OPS.
	Complete a 30-day Food Diary via the LHN portal	Track your food intake for 30 consecutive days to earn points. You may earn 2 points for every 30 consecutive days you track your food intake. Log on to www.lhnwellness.com and click on My Health > My Food Diary to start tracking.
Participate in a community walk/run event	Participate in a community walk or run event to earn 2 points. You must upload to the LHN online portal proof of participation to earn points. There is no limit to how many points you can earn with this activity. To access the LHN online portal log on to www.lhnwellness.com	