



**Southwest Allen
County Schools**

2019 Wellness Incentive Plan

Wellness incentive points must be earned between 11/1/2017 and 10/31/2018

Health Risk Assessment (HRA)

Completion of the Health Risk Assessment is **REQUIRED** via the online Lutheran Health Network (LHN) portal to be eligible to earn points in the 2019 Wellness Incentive Plan. For all LNH portal activities, log on at www.lhnwellness.com

BE WELL	LEARN WELL	LIVE WELL
<input type="checkbox"/> SACS Onsite Clinic Services: Annual Adult Wellness Exam (can also be completed with your doctor) 5 POINTS	<input type="checkbox"/> Complete the Lutheran Health Network (LHN) Online Portal Tutorial 1 POINT	<input type="checkbox"/> Participate in the "Get Active" Challenge 5 POINTS
<input type="checkbox"/> SACS Onsite Clinic Services: Annual Adult Wellness Exam: Blood Pressure at or below 130/80 2 POINTS	<input type="checkbox"/> Complete the class "Nutrition: What, Why, How" via the online LHN portal 1 POINT	<input type="checkbox"/> Participate in the "Self-Care" Challenge 5 POINTS
<input type="checkbox"/> SACS Onsite Clinic Services: Annual Adult Wellness Exam: BMI at or below 30 or year over year decrease of 2% or more 2 POINTS	<input type="checkbox"/> Complete the class "Everyday Fitness" via the online LHN portal 1 POINT	<input type="checkbox"/> Participate in the "Sleep" Challenge 5 POINTS
<input type="checkbox"/> SACS Onsite Clinic Service: Annual Adult Wellness Exam: Fasting glucose less than 100mg/dL 2 POINTS	<input type="checkbox"/> Complete the class "Stress: Reducing and Managing Stress and Its Effects on the Body" via the online LHN portal 1 POINT	<input type="checkbox"/> Completion of Select Preventive Care Screenings (see list on page 2) 2 POINTS per screening
<input type="checkbox"/> SACS Onsite Clinic Services: Meet with the Health Educator to review results of your Annual Adult Wellness Exam 2 POINTS	<input type="checkbox"/> Complete the class "Sleep" via the online LHN portal 1 POINT	<input type="checkbox"/> Complete individual or group training program through Optimum Performance Sports (OPS) 5 POINTS
<input type="checkbox"/> SACS Onsite Clinic Services: Attend an in-house wellness educational session facilitated by the Health Educator 2 POINTS	<input type="checkbox"/> Complete any additional class via the online LHN portal 1 POINT	<input type="checkbox"/> Complete a 30-day Food Diary via the online LHN portal 2 POINTS
<input type="checkbox"/> SACS Onsite Clinic Services: Receive an annual flu shot 5 POINTS	<input type="checkbox"/> Participate in the 8 week Diet Free Lifestyle Program (must attend 7 classes or complete online) 5 POINTS	<input type="checkbox"/> Participate in a community walk/run event 2 POINTS

Note: Southwest Allen County Schools Health Plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 260-431-2052 and we will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.