

2020 ISAC WELLNESS PROGRAM

PROGRAM DATES

The ISAC Wellness Program will run between January 1, 2020 and October 31, 2020.

PROGRAM STRUCTURE

- Completion of a physical OR preventative exam with a doctor who CAN fill out a fax form = 4 TOTAL points
 - 50% Employee Participation= 1 point
 - 60% Employee Participation = 2 points
 - 70% Employee Participation = 3 points
 - 80% Employee Participation = 4 points

- Complete the Online Assessment= 1 TOTAL point
 - 60% Employee Completion = 1 point

ISAC will provide \$30 per county contract on 1/1/2020 for Wellness Dollars

EMPLOYEE INCENTIVES

An insured employee of the Group Health Program may earn up to a \$150 incentive in their paycheck. The incentive will be distributed in November and ISAC will reimburse the county the incentive + employers FICA tax.

- \$25.00 Completion of the physical/preventative exam with a doctor who CAN fill out a fax form
- \$25.00 Completion of the Online Assessment
- Up to \$100 by completing an activity under 4 different wellness pillars
 - Purpose
 - Nutrition
 - Physical
 - Mindfulness
 - Social
 - Balance
 - Financial
 - Community