



All employees and spouses enrolled in the CEBCO medical plan have the opportunity to complete this voluntary program before **AUGUST 13, 2021** to receive a **2% discount on the following year's health insurance premiums.**

2020-2021 CEBCO Wellness Program: Goal - 600 Points

ACTIVITY/COMPLETION FREQUENCY	POINTS PER ACTIVITY COMPLETED
Health Evaluation (HE) *REQUIRED* – max of 1	150
Annual Routine Checkup with Primary Care Physician *REQUIRED*	100
Personal Health Score – max of 1	50
Share HE Results to Physician – max of 1	50
Complete Online Workshop – max of 1	25
Complete Online Challenge – max of 1	25
Sync/Log Steps – max of 1	100
Preventive Care – max of 2	50
Community/County 25 PT Activities	
Community/County 50 PT Activities	

Questions? Call HealthWorks at 513-751-1288

To access the program:

- Log- in to <https://portal.healthworksdata.com/>
- Use the first letter of your first name, first four letter of last name and last four of social security number
- New users will use APPLE as the temp password



APPROVED 25 PT ACTIVITIES	DESCRIPTION
Participate in County/Employer Sponsored Health Challenge	Must complete the county/employer sponsored challenge, which may focus on any of the following: nutrition, water intake, sleep habits, stress management, mental health, exercise, financial wellness or daily activity/steps.
Complete a Community/County Sponsored Walk, Run or Bike Event	Must register and complete the event.
Volunteer for Community Sponsored Walk, Run or Bike event	May be any organized walk, run and/or bike event in which you donate your time to assist with.
Donate Blood/Plasma	Must donate through a community sponsored blood drive or donation center.
Watch Interactive Health Monthly Webinar (live or archived)	Must watch a monthly webinar (the entire 30 minutes) conducted by Interactive Health, these can be watched live or from the archive by going to "Health Library" then "Health Webinars".
Employer Promoted Health or Wellness Webinar	Watch an entire webinar on any health or wellness topic promoted by the county or employer you work for. Webinar must be a minimum of 30 minutes and hosted by a credible source.
Volunteer at a Charity Event	May be any charity event in which you donate your time to benefit another person, persons or cause.
Use a Health/Fitness Tracker via Portal	Try out one of the health and fitness trackers by selecting one from the right-hand side of your dashboard page. Tracker selections include steps, sleep, cardio, mood, fruit intake, vegetable intake, water consumption, and weight. Log information for a minimum of 30 consecutive days.
Try a New Relaxation Technique	Try a technique that you have not tried before and do it every day for one week: completely unplug from all electronics/tv for one hour before bed (use this time to read a book or journal instead); download an app like Breethe or Calm to discover breathing, meditation, or sleeping techniques (use it daily); OR sit in solitude in nature for 15 minutes each day without interruption.



APPROVED 50 PT ACTIVITIES	DESCRIPTION
Sports League Participation	Must register and complete the sports league.
Participate in County/Employer Sponsored Exercise Program/Classes	Must attend a minimum of 80% of the classes offered in the program; for example: 10 sessions of yoga are offered, at least 8 of the 10 sessions must be attended.
Workout 15 Times/Month	Workout a minimum of 15 times in one month for the benefit of your own health; a workout is considered at least 30 minutes of getting your heart rate up.
Complete a Lifestyle Management Program	Program must focus on any one or combination of the following: nutrition, exercise, stress, sleep, mental health, preventing/managing chronic disease, financial wellbeing or tobacco use; program must be a series of sessions (minimum of 3) and must be a minimum of 30 minutes per session (online or in person).
Complete a Community/County Sponsored Education Session	Must be a minimum of 30 minutes on any health or wellness topic intended to improve your personal wellbeing.
Financial Wellbeing Workshop/Course	May be any financial wellbeing workshop or course (must be a minimum of 30 minutes) that is offered by a credible company or community resource, online or in person.
Participate in County/Employer Sponsored Health Fair	Must attend and actively participate in a county/employer sponsored health fair.

Approved Preventive Care	
Flu Shot	Dental Exam (only 1 per year counts)
Mammogram	Vision Exam
Prostate Cancer Screen	Bone Density Screening
Pelvic Exam and/or Pap Smear	Skin Cancer Screen
Clinical Breast Exam	Colonoscopy or ColoGaurd Test
Hearing Exam	Shingles Vaccine