



## Take steps to better health and earn up to \$1,000

This is your chance to take steps toward improving your health and well-being and get rewarded! Participate in the VC-WELL 2019 WELLthy Reward\$ Incentive Program, and be eligible to win one of 1,125 incentive rewards. Reward amounts will be \$100 (Bronze), \$500 (Silver), or \$1,000 (Gold). Complete the activities below by August 31, 2019, to be eligible for cash prizes:

### 1. COMPLETE the Wellness Program's "Wellness Profile" Screening in 2019.

This FREE, CONFIDENTIAL screening measures blood pressure, height, weight, BMI, Body Fat %, cholesterol, HDL, LDL, glucose & triglycerides. A 12-hour fast is RECOMMENDED, but not required. REGISTER @ [www.ventura.org/registervcwell](http://www.ventura.org/registervcwell). If you can't fast--or forget to fast, YOU CAN STILL GET YOUR SCREENING. The results will be compared to non-fasting results. Appointments are in the morning and take about 30 minutes.

*If it is more convenient*, you can get your screening (or Annual Physical), done by your health care provider in 2018. Your doctor must complete the [VCWELL WELLthy Reward\\$ Physician Submittal Form](#). Return the form via our secure Fax: 805.658.4527 or our secure email: [wellness.program@ventura.org](mailto:wellness.program@ventura.org).

(If you are sending the form to the Wellness Program from your personal email account, type #secure# in the subject line.)

### 2. COMPLETE the "Wellness Profile" Questionnaire (Assessment) in 2019.

A CONFIDENTIAL online health-related questionnaire consisting of about 50-60 questions. Login @ [www.ventura.org/registervcwell](http://www.ventura.org/registervcwell). Once logged in, click on your name, then "Complete My Wellness Questionnaire NOW!" (left side of page). Answer the health related questions then enter your Wellness Profile screening results on the last page.

**The first 1,125 employees who complete the Wellness Profile screening will earn Bronze status. Those 1,125 employees who earn Bronze Status can remain at Bronze status—or proceed to step 3 to earn points toward Silver or Gold Status.**

### 3. COMPLETE VC-WELL-sponsored classes, tournaments, challenges and earn points toward Silver or Gold status:

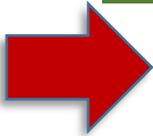
(HE) Health education classes.....	1 point per class
(PE) Physical activity classes.....	1 point per class
(WT) WELLtrek challenges.....	15 points per challenge
(MSM) Million Step March.....	50 points per 1million steps
(CG)Corporate Games.....	1 point per event
(HTC)Health Track Coach.....	1point per meeting (max of 4 points)
(LIL)LinkedIn Learning.....	1point per class (max of 5 points)

**50-99** points = **Silver**....*entry in \$500 random drawing (100 prizes)*

**100+** points = **Gold**.....*entry in \$1000 random drawing (25 prizes)*

Employees who achieve Gold status and do not win a \$1000 reward in the Gold-status drawing, will be entered into the Silver-status drawing for the \$500 rewards.

Everyone who achieves Silver or Gold status but is NOT selected in the Silver and Gold status random drawings is guaranteed a \$100 cash reward.  
There is NO GUARANTEE of winning.



#### **Key Details:**

- All wellness activities for this program will have a point value and will be tracked using the County's Wellness Registration site.
- You must register for all wellness classes/program/activities on the Wellness Registration Site. If you are not able to attend a class or participate in an activity or program you've already registered for, please be considerate and log back into your account on the site and cancel your registration. This will allow your space to be used by another person and reduce program "no-shows."
- To get points for completing a wellness class/program/activity you **must** sign on the class roster as this is the only method we can reliably use to award and track points for activity completion – **NO EXCEPTIONS**. If you forget to sign your name for a particular class/event, you can make up the point at another wellness activity. **WALK-INS: IF WE CAN'T READ YOUR NAME AND EMP # WE CAN'T AWARD YOUR POINTS.**
- Instructors/Coaches/Facilitators will put out the class roster at the end of the activity. Please plan your time accordingly so you can stay until the end of an activity to sign your name.
- Having other people sign in for you on a class roster is **strictly forbidden**. Employees caught signing in for other employees and/or asking others to sign in for them will lose their eligibility for cash awards.
- There will be a 4-week appeals period after the program period ends on August 31<sup>st</sup>. VC-WELL will post everyone's point and color status on the wellness webpage every other month so people can see where they stand. Individual status will be identifiable by your employee ID number.

- To ensure you get credit for all wellness activities completed through August 30, you are strongly encouraged to track the activities you complete during the program period using the attached tracking sheet.

***Don't let time run out!  
Get started today!***

For more information, contact the VC-WELL team: [Wellness.Program@ventura.org](mailto:Wellness.Program@ventura.org).

***For PROGRAM ELIBILITY, you MUST be  
a Regular County Employee.***

- You must be a Regular-class employee participating in the County of Ventura's Flexible Benefits Program to be eligible for the WELLthy Reward\$ Program, and you must receive a paycheck on November 8, 2019, to be eligible to receive a reward.
- Due to IRS regulations, all cash rewards are taxable.
- This incentive program is voluntary and strictly confidential
- Cash awards will be limited to the first 1,125 eligible employees.