

Healthy Reward\$

2021-22



We've made staying healthy fun. You can earn up to \$250 by completing 9 health actions annually. The incentive program starts *July 1* and ends *June 1* of the following year. All activity points must be completed by *June 1* to be eligible. **Reward checks are issued in June.** All district employees, spouses, CompleteCare, Kaiser¹ members, and early retirees (before age 65) with MCSIG medical insurance are eligible. **Start earning points today!**

Log in at www.wellsteps.com/mcsig. You must register first if you are a **new participant (or did NOT login last year) by first entering your email address to receive a verification code.** Check your personal/work email for the code. Enter your **username**. Your username is your initials of your name and your 6-digit date of birth. For example, John Smith born 2/15/72 would have the username **JS021572**.

Registration Video: <https://vimeo.com/345571793>

Rewards Video: <https://vimeo.com/568631874/f8c3ed7381>

\$250 = 9 Points	\$200 = 7 Points	\$150 = 6 Points	\$100 = 5 Points	Points	v
Health Action List**					
Required: Personal Health Assessment at www.wellsteps.com/mcsig				1	
Required: Biometric results* from your doctor (use verification form) or MCSIG health screening				1	
Cholesterol Ratio (≤ 4.5)				1	
Glucose (≤ 140 non-fasting or ≤ 100 fasting)				1	
Blood Pressure ($\leq 130/80$)				1	
Required: Behavior change campaign 6-10 weeks*				1-2	
"No Level" on your WellSteps account indicates you are missing a required activity (see above).					
Improvement of 5% in blood pressure, cholesterol ratio, or glucose levels.				1	
Tobacco/Vape free				1	
Community/Worksite Health Event (Big Sur Marathon, Salad Cooperative, Walking Club, etc.)				1-2	
Eat a plant-based diet (beans, fruits, vegetables, grains, & nuts) on most days				1	
Exercise log (30 minutes a day for 8 weeks) – fillable form at WellSteps				1	
Preventive exam (annual physical, colonoscopy, mammogram, well-woman/man, calcium score, etc.)				1	
Influenza/Covid-19 vaccination				1-2	
Wellness Ambassador at your worksite (eligible for \$250 stipend)				1	
Volunteering in the community 4 hours minimum				1	
Transcarent – download app and register				1	
Bi-weekly health challenge (complete 2 for one point)				1	
Quizeos (complete 2 for one point)				1	
Start a garden box (or continue) at your worksite or home. Upload a picture of your first edible crop.				1	
Registered Dietitian (consult with a Registered Dietitian for a personalized nutrition plan)				1	
Complete 8 TLC (Therapeutic Lifestyle Change) modules at WellSteps.				1	
Career development training or conference				1	
Start a daily journal for mental health/meditation				1	
Plan and eat a meal at home once a week to save the money you would spend on a meal out				1	
Read a book this year				1	
*Alternative standard available **Subject to change ¹ Buy-up fee of \$151				TOTAL	28

Questions? Contact Jessica Amezcua at jamezcua@mcsig.com or call us at (831) 755-0161 for more information.