

## The *New* DMBA Wellness Incentive Program

For Full-time BYUH Employees covered by DMBA.

A new Wellness Incentive Program beginning in 2007 was recently approved by the DMBA Board of Directors. All full-time employees covered by DMBA, who participate in the BYUH Health & Wellness Program, will now be eligible for a cash bonus at the end of the year.

### PROGRAM GUIDELINES

#### Bronze Level:

BONUS AMOUNT: \$25

REQUIREMENT: Complete an online health risk assessment.

#### Silver Level:

BONUS AMOUNT: \$50

REQUIREMENT: Complete an online health risk assessment.  
Earn 200 wellness points for participation in BYUH Health & Wellness program during the year.

#### Gold Level:

BONUS AMOUNT: \$100

REQUIREMENT: Complete an online health risk assessment.  
Earn 400 wellness points fro participation in the BYUH Health & Wellness program during the year.

### HEALTH & WELLNESS POINTS

#### Option 1:

Successfully complete a monthly challenge: **50 wellness points each**

Challenges include: Walk 10,000 Steps a day, Weekly monitoring of blood pressure, etc.  
There are 12 challenges offered in 2007

#### Option 2:

Successfully completing a BYUH Wellness Fitness Challenge: **100 wellness points each**

Challenges are 8-10 week events focusing on healthy eating and weight maintenance.  
There will be 2 challenges offered in 2007

#### Option 3:

Participating in any other BYUH Health & Wellness Activity: **10 wellness points each**

Activities include: Health Workshops, Screenings, Fun Walks, successfully completing previous monthly challenges, etc.

*If due to health reasons you are unable to participate in a challenge, contact us and we will make adjustments for you.*

**Bonus money earned will be mailed in January 2008 by DMBA.**

**PLEASE NOTE:** *Spouses, dependants, and part-time employees, as well as full-time employees not covered by DMBA are not eligible for the bonus.*