

City of Waupaca Wellness Program 2019

Participant Master Guide

Name _____

One-on-One Coaching session (C)*

10 points each, **with a minimum of one required**, and a cap of 40 points

ThedaCare Fitness Testing (TFT)

- 1.) Pre- Test = 20 pts (30 min Rec Center)
 - 2.) Report on test- (15 min at Rec Center)
 - 3.) Post Test (must be 3 or more months after the pre test and it takes 30 minutes) = 40 pts
- Schedule coaching and testing with Kristi
Kristi.smeaton@thedacare.org

Preventative (PRE)

PHA-25 pts. max/year
 Physical—25 pts. max/year
 Other Preventative Exams—5 pts. each/no max

- Dental Exam
- Eye Exam
- Mammography
- Colonoscopy
- Immunizations
- Other Like Exams

Physical Activity (PA)-1pt. per hour

cap of 30 pts./month

Wellness Activities (WA)

Ex: **Physical Events (Races/Walks/Community Events)**, lunch & learn, huddles, CPR training, weight watchers, tobacco cessation, GIVING BLOOD = **10 pt. per session**

Share Your Story (SYS)-5 pts. each

Share your success story, your health journey, your giveback activities, your group participation in healthy activity. Please feel free to share your video/picture for posting on city website.

Give Back (GB)- 1 pt./hr.

Community Service/Volunteering (Non-Paid) with a **cap of 15 pts./month**

Stretch Goal _____

Short term goal _____

Steps _____

January total _____

February total _____

March total _____

April total _____

May total _____

June total _____

July total _____

August total _____

September total _____

October total _____

GRAND TOTAL _____

Incentive Levels

Bronze 100 pts Silver 200 pts Gold 400 pts