

# Fairmount F.I.T. – 2020 Wellness Program

Welcome to the new and improved wellness program for 2020! Fairmount is partnering with Connect Care 3 (CC3) to bring you a robust and exciting wellness program designed to transform your wellbeing. The new program begins on January 1, 2020.

By participating in the various activities you satisfy the requirements for health insurance premium discounts in 2021. To be eligible for the discounts you must complete the *Foundation, Information and Transformation* sections prior to October 31, 2020.

By October 31, 2020:

## ○ F – Foundation

- Preventive Screen w/ Family Physician:**
  - Completed affidavit required

## ○ I – Information

- Sharecare<sup>®</sup> - Real Age Test completion:**
  - Complete assessment in its entirety

## ○ T – Transformation

- Complete 2 of 3 options listed below:**
  - **Health Education Webinars with exams**
    - ❖ Complete 3 mini-exams from ConnectCare3
      - Exam link located on Plan Source
  - **Walking Program**
    - ❖ Team member completes walking, jogging or running
      - Team member tracked
      - Work and activities of daily living (ADL's) excluded
      - Approved tracking method
        - Paper log
        - App/device
        - Pedometer, Smart Phone, MyFitnessPal, Strava, etc.
  - **Blood Pressure checks ( may use Fairmount Wellness Nurse)**
    - ❖ 4 checks per year and each must occur in a different month
    - ❖ Team member keeps records for submission by October 31
    - ❖ Nurse or Dr signs off on completion

### Acknowledgement:

I acknowledge I have received a copy of this list of participation requirements to qualify for the 2021 health insurance premium discounts.

Please return signed acknowledgement to Denise or Susan in Human Resources by December 31, 2019

Team member name \_\_\_\_\_

Team member signature and date \_\_\_\_\_ Date \_\_\_\_\_