

# Take action toward better health and earn up to \$400!

Get rewarded for taking care of yourself!

Complete various activities in the VC- WELL 2023 WELLthy Reward\$ Program and be eligible to receive one of 1050 cash awards\*. Award amounts will be \$100 (Bronze), \$200 (Silver), or \$400 (Gold).



## ✓ Participating in 2023's program is as easy as 1-2-3!

- 1. Pick** any and as many VC-WELL activities to complete and achieve either Bronze, Silver or Gold status. Activities need to be completed during the program period: January – August 31<sup>st</sup>, 2023.
  - a. Various activities will be offered throughout the program period. Details of activities will be communicated via dedicated emails and the VC-WELL monthly email digest.
- 2. Complete** your selected activities by the stated deadline to earn the points advertised for that activity.
  - a. To register & participate in WELLtrek challenges you must have an account: <https://vcwelltrek.walkertracker.com/>. Employees with an active WELLtrek account when a challenge is created will be automatically registered for it.
  - b. Some activities, such as the wellness screening, require registration on the wellness program registration page when prompted: [www.ventura.org/registervcwell](http://www.ventura.org/registervcwell).
- 3. Monitor** your activity points status by checking the points emails periodically sent by Wellness.
  - a. Points status emails are usually sent every 2 months beginning in April.

**\*The first 200 employees to achieve Gold status will receive \$400, the next 300 employees to achieve Gold or Silver status will receive \$200, and the next 550 employees who achieve Gold, Silver or Bronze status will receive \$100.**

**New to WELLthy Reward\$? Employees earning a VC-WELL cash award for the first time will receive a \$50 bonus added to their 2023 cash award.**

## ✓ Program Eligibility:

- 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 3, 2023, to be eligible to get an award.
- Due to IRS regulations, all cash awards are taxable. Please consult with your tax advisor on any potential impact a cash award may have on your paycheck.
- Cash awards will be limited to the first 1050 eligible employees who achieve a status.

\* COMPLETE various VC-WELL activities to earn points toward Bronze, Silver or Gold status:

Wellness biometric screening or Dr. physical.....	50 points
Wellness profile questionnaire.....	50 points
Online health education classes (12).....	9 points each
WELLtrek Million Step March.....	80 points
WELLtrek 2 Million Step March.....	40 points
WELLtrek Resolution Weight Challenge.....	20 points
WELLtrek Golden Sneaker Competition.....	40 points
WELLtrek Team Competition .....	20 points
Wellbeats programs (4).....	8 points each
Wellbeats monthly feature class (8).....	3 points each

**100-199** points = **Bronze** - \$100 cash award (550 awards)

**200-299** points = **Silver** - \$200 cash award (300 awards)

**>299** points = **Gold** - \$400 cash award (200 awards)

\*This menu of activities is not a final comprehensive list; activities may be added throughout the year (January – August, 2023) and communicated via all-County email and/or VC-WELL website.

To be eligible for cash prizes, ALL ACTIVITIES MUST BE COMPLETED BY **August 31, 2023**.

**Key Details:**

- The wellness biometric screening and wellness profile questionnaire are intended to be educational in nature, not as a substitute for health care with your doctor. Employees are limited to **one** wellness screening and questionnaire per calendar year. Follow-up blood work for known conditions should be done with your Dr.
- Not all wellness activities offered by VC-WELL will have a point value for this program. Activities that have a point value will be clearly stated and identified in communications such as emails or monthly digest emails.
- **Registration is not required for this program.** Activities worth points that you complete will be automatically tracked by VC-WELL's various program platforms, unless otherwise noted.
- If you are unable to participate in any WELLthy Reward\$ activity to earn points because it is unreasonably difficult to do so due to a medical condition or because it is medically inadvisable for you to do so, you may be entitled to a reasonable accommodation or an alternative standard. For assistance, please contact VC-WELL at [Wellness.program@Ventura.org](mailto:Wellness.program@Ventura.org) or (805) 654-2628.
- There will be an appeals period after the program ends on AUGUST 31, 2023. If you feel your points status is not accurate you can complete an appeal by the posted deadline.

***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)