



B O T E T O U R T

COUNTY OF VIRGINIA

Wellness Program Plan Year 2013-2014

December 1, 2013 - November 30, 2014¹

<u>Deadline</u>	<u>Activity</u>	<u>Reimbursement²</u>
Jan 31	• Online health risk assessment	\$100
Sep 30	• Online health program	\$100
Sep 30	• Wellness exam ³	\$155

Notes:

1. Employees insured on the County's health plan after December 1 are not eligible to participate in the wellness program sooner than the following December 1st.

2. Participation by both the employee and a covered spouse is required to qualify for 100% of the reimbursement amount. Participating employees whose covered spouse does not participate may qualify for 50% of the reimbursement amount. Spouses may not qualify for any reimbursement if the employee does not participate.

3. Wellness exams conducted any time between October 1, 2013 and September 30, 2014 qualify. Exams must include screenings for total cholesterol, glucose, blood pressure, and body mass index. Documentation of exams on a County provided form must be received by Human Resources by October 3, 2014.

4. Payments will be made in July and October for activities completed by the end of the prior month. Employees may defer all activity payments to October upon request.

5. In addition to the above, any employee eligible for County group health insurance benefits attending a commercial fitness facility at least eight (8) times a month may qualify for a \$20 per month reimbursement.

For more information, contact Human Resources.