

1/1/2021

WELLBEING PROGRAM REWARDS CHART

ACTIVITY	REWARD	DEFINITION/WHAT QUALIFIES	HOW TO EARN REWARD	LIMIT ON REWARD EARNED	OTHER LIMITATIONS/DETAILS
PHYSICAL					
FITNESS FACILITIES & CLASSES	\$0.50 / VISIT	Employees may earn \$0.50 for each visit to any fitness facility and/or studio that hosts fitness classes. At-home workouts will be accepted until further notice.	Employees may use their mobile location to check in to a facility through IncentFit, or scan QR Code if using the on-site facility. For at-home workouts, employee may submit proof of workout to HR.	\$0.50 MAX PER DAY	Workout must be at least 30 minutes long.
WALKING/RUNNING	\$0.50 / 10,000 STEPS PER DAY; \$0.50 /15,000 STEPS PER DAY	Employees may earn \$0.50 for every 10,000 steps taken per day. Employees may earn an additional \$0.50 for 15,000 steps.	Employees may sync any fitness tracking device/app to IncentFit. IncentFit will automatically track steps once device is synced.	\$1.00 MAX PER DAY	
RACE/TRIATHLON (5K)	\$3 / RACE	Employees may earn \$3 for any 3.2 mile race that they can prove they completed.	Employees will upload proof of completion to IncentFit (ex: race results, payment confirmation, etc.)	5 RACES REWARDED PER YEAR	
RACE/TRIATHLON (10K)	\$6 / RACE	Employees may earn \$6 for any 6.4 mile race that they can prove they completed.	Employees will upload proof of completion to IncentFit (ex: race results, payment confirmation, etc.)	5 RACES REWARDED PER YEAR	
HALF MARATHON/TRIATHLON	\$15 / RACE	Employees may earn \$15 for any 13.1 mile race that they can prove they completed.	Employees will upload proof of completion to IncentFit (ex: race results, payment confirmation, etc.)	5 RACES REWARDED PER YEAR	
MARATHON/TRIATHLON	\$20 / RACE	Employees may earn \$20 for any 26.2 mile race that they can prove they completed.	Employees will upload proof of completion to IncentFit (ex: race results, payment confirmation, etc.)	5 RACES REWARDED PER YEAR	
ANNUAL PHYSICAL	\$3 / PHYSICAL	Employees may earn \$3 when they receive their annual physical.	Employees will upload proof of completion of physical to IncentFit.	\$3 MAX PER YEAR	
NUTRITION					
WEIGHT WATCHERS CLASSES	\$10 / 8 OR MORE SESSIONS PER YEAR	Employees may earn \$10 when they attend 8 or more Weight Watchers sessions per year.	Employees will upload proof of attendance to IncentFit.	\$10 MAX PER YEAR	May be any Weight Watchers facility. Reward will not be given if less than 8 classes are attended.
WATCH A WELLNESS VIDEO	\$2 / VIDEO PER MONTH	Employees may earn \$2 for watching health/wellness/nutrition videos. <5 minutes - must watch 10 videos <10 minutes - must watch 5 videos >30 minutes - must watch 2 videos	Employees will submit a form to HR and HR will record reward.	\$24 MAX PER YEAR	
TOWN-ORGANIZED WELLBEING CHALLENGES	\$5 / PARTICIPATION IN CHALLENGE			N/A	HR will send communication for challenges.
MEET WITH A DIETITIAN/HEALTH COACH	\$2 / MEETING	Employees may earn \$2 for meeting with a nutritionist and/or health coach.	Employees must submit form to IncentFit or HR.		
FINANCE					
OPEN A 401(K)/457 RETIREMENT SAVINGS ACCOUNT OR INCREASE CURRENT CONTRIBUTION	\$5 / OPENED ACCOUNT / INCREASED CONTRIBUTION	Employees may earn \$5 for opening a 401(K)/457 retirement savings account, or increasing their current contribution.	Employees must receive a sign-off from HR or proof of opened account/increased contribution, and submit to IncentFit.	\$5 MAX PER YEAR	Employees may make these changes through Empower through this link: https://southcarolinacp.gwrs.com/login.do?accu=SouthCarolinaWR
MEET WITH A FINANCIAL ADVISOR	\$3 / MEETING	Employees may earn \$3 for meeting with a financial advisor.	Employees must submit form to IncentFit or HR.	\$6 MAX PER YEAR	This includes meeting with Empower Retirement regarding 401(k)/457.

EDUCATION					
TOWN-WIDE TRAINING/LUNCH & LEARN	\$1 / TRAINING	Employees may earn \$1 for attending a Town Training or lunch and learn.	Employees will scan the QR Code that will be provided.	\$12 MAX PER YEAR	
CPR OR DEFIBRILLATOR CLASS	\$3 / TRAINING	Employees may earn \$3 for taking a CPR and/or defibrillator class. This can be taken at any location.	Employees will upload their certificate of completion to IncentFit.	\$6 MAX PER YEAR	
PERSONAL ENRICHMENT CLASSES	\$1 / CLASS	Employees may earn \$1 for attending non-credit classes or seminars. These may include, but are not limited to; art classes, cooking classes, leadership classes, etc.	Employees will submit proof of attendance to IncentFit.	MAX \$2 PER MONTH	Reward will not be given for classes required by job or be eligible for tuition reimbursement.
MENTAL					
MEDITATION/MINDFULNESS CLASS/SESSION	\$1 / CLASS	Employees may earn \$1 for taking guided or self-guided meditation or mindfulness classes/sessions.	Employees will submit proof of class to HR.	\$52 MAX PER YEAR	
MASSAGE	\$1 / MASSAGE	Employees may earn \$1 for receiving a massage.	Employees will upload their receipt of payment to IncentFit.	\$24 MAX PER YEAR	Massage must be at least 30 minutes long.
PERSONAL HOBBIES	\$1 / PRODUCT	Employees may earn \$1 for pursuing personal hobbies. These may include, but are not limited to; knitting, painting, photography, etc.	Employees will submit proof of product via photo or video, to IncentFit or HR, and HR will record reward.	\$12 MAX PER YEAR	
JOIN A CLUB	\$1 / MEETING	Employees may earn \$1 for joining/attending a club. This can include social clubs, religious clubs, book clubs, etc.	Employees will submit proof of attendance to HR.	\$24 MAX PER YEAR	Meeting must be at least 30 minutes long.
COMMUNITY					
VOLUNTEER AT A TOWN EVENT	\$1 / EVENT	Employees may earn \$1 for volunteering in a Town-sponsored event.	Employees will use mobile location to check in at event, or upload proof of attendance to IncentFit.	LIMITED TO EVENTS OFFERED PER YEAR	Event must be advertized through internal communication.
VOLUNTEER AT NON-TOWN EVENT	\$1 / EVENT	Employees may earn \$1 for volunteering at other, non-Town sponsored events.	Employees will upload proof of attendance to IncentFit.	\$2 MAX PER YEAR	
DONATE BLOOD	\$3 / DONATION	Employees may earn \$3 for donating blood. This may be at any location.	Employees will upload proof of donation to IncentFit or send to HR.	\$15 MAX PER YEAR	
DONTATE TO A CHARITY	\$1 / DONATION	Employees may earn \$1 for donating to a charity. Donations may be online, monetary, clothing, other items, groceries, etc.	Employees will upload proof of donation/receipt to IncentFit.	\$24 MAX PER YEAR	