



# Town of Mount Pleasant Employee Wellbeing Program

**WELLMP focuses on six aspects of wellbeing; physical, nutrition, finance, education, mental, and community. Understanding each of the six categories is crucial to recognizing what wellbeing means to you, and defining what is important to you.**

## PHYSICAL

Staying healthy using a combination of physical activity and exercise, as well as developing personal responsibility for your own healthcare.

## NUTRITION

Understanding the importance of the foods you eat, the impact of your diet, and how to make healthier choices.

## FINANCE

Understanding your financial situation in such a way that you are prepared for financial changes.

## EDUCATION

Expanding your knowledge through continuing education, training, and self-teaching.

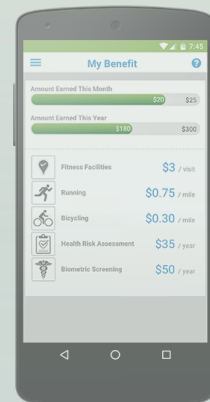
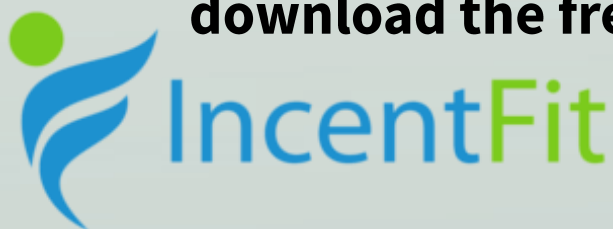
## MENTAL

Realizing your own abilities, coping with normal stresses of life, and recognizing your own cognitive and emotional capabilities.

## COMMUNITY

Contributing to your local community and making a difference through community involvement.

**Register for IncentFit (activities & rewards tracking software) at [IncentFit.com](https://www.incentfit.com) or download the free app to begin tracking your rewards today!**



# WELLMP

## REWARD SYSTEM

### PHYSICAL

|                                |       |                          |                             |
|--------------------------------|-------|--------------------------|-----------------------------|
| Fitness Facilities and Classes | ----- | -\$0.50 per visit        | \$0.50 max per day          |
| Walking/Running                | ----- | -\$0.50 per 10,000 steps | \$0.50 max per day          |
| Race/Triathlon (5K)            | ----- | -\$3 per race            | } 5 races rewarded per year |
| Race/Triathlon (10K)           | ----- | -\$6 per race            |                             |
| Half Marathon/Triathlon        | ----- | -\$9 per race            |                             |
| Full Marathon/Triathlon        | ----- | -\$12 per race           |                             |
| Annual Physical                | ----- | -\$5                     | \$5 max per year            |

### NUTRITION

|                                     |       |                                       |                   |
|-------------------------------------|-------|---------------------------------------|-------------------|
| Weight Watchers Classes             | ----- | -\$10 per 8 or more sessions per year | \$10 max per year |
| Watch a Dr. Ann Video               | ----- | -\$2 per 10 videos per month          | \$24 max per year |
| Town-Organized Wellbeing Challenges | ----- | -\$10 per participation in challenge  |                   |

### FINANCE

|   |       |                  |                   |
|---|-------|------------------|-------------------|
| Open a 401(k)/457 Retirement Savings Account or Increase Current Contribution | ----- | -\$5 per meeting | \$5 max per year  |
| <i>*Can be changed through Empower Retirement Website</i>                     |       |                  |                   |
| Dave Ramsey's Financial Peace University                                      | ----- | -\$10 per series | \$10 max per year |

### EDUCATION

|                                   |       |                   |                   |
|-----------------------------------|-------|-------------------|-------------------|
| Town-Wide Training/Lunch & Learns | ----- | -\$1 per training | \$12 max per year |
| CPR or Defibrillator Classes      | ----- | -\$3 per training | \$6 max per year  |
| Personal Enrichment Classes       | ----- | -\$1 per class    | \$2 max per month |

### MENTAL

|                      |       |                  |                   |
|----------------------|-------|------------------|-------------------|
| Self-Defense Classes | ----- | -\$1 per class   | \$52 max per year |
| Massages             | ----- | -\$1 per massage | \$24 max per year |
| Personal Hobbies     | ----- | -\$1 per product | \$12 max per year |

### COMMUNITY

|                             |       |                   |                                    |
|-----------------------------|-------|-------------------|------------------------------------|
| Volunteer at Town Event     | ----- | -\$1 per event    | limited to events offered per year |
| Volunteer at Non-Town Event | ----- | -\$1 per event    | \$2 max per year                   |
| Donate Blood                | ----- | -\$1 per donation | \$5 max per year                   |
| Donate to a Charity         | ----- | -\$1 per donation | \$24 max per year                  |

**All employees who reach a total of \$250 by December 31, will be entered to win free Town health insurance premiums for either 1 year (single coverage); OR 8 weeks (family coverage). Only one employee will win, so be sure to track your activities!**