

Town of Mount Pleasant Employee Wellbeing Program



WELLMP
ENGAGE YOUR HEALTH

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.

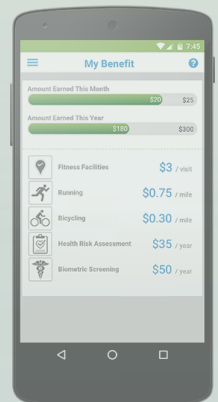
MENTAL

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 extra for 15,000 steps \$1 max per day
Race/Triathlon (5K)	-----	-----	-----	\$3 per race
Race/Triathlon (10K)	-----	-----	-----	\$6 per race
Half Marathon/Triathlon	-----	-----	-----	\$15 per race
Full Marathon/Triathlon	-----	-----	-----	\$20 per race
Annual Physical	-----	-----	-----	\$3 \$3 max per year

5 races rewarded per year

NUTRITION

Weight Watchers Class	-----	-----	-----	\$10 per 8 or more sessions per year \$10 max per year
Watch a Wellness Video	-----	-----	-----	\$2 per month \$24 max per year
Town-Organized Wellbeing Challenge	-----	-----	-----	\$5 per participation in challenge
Meet with a Dietician/Health Coach	-----	-----	-----	\$2 per meeting \$8 max per year

FINANCE

Open a 401(k)/457 Retirement Savings Account or Increase Current Contribution	-----	-----	-----	\$5 per meeting \$5 max per year
Meet with a Financial Advisor	-----	-----	-----	\$3 per meeting \$6 max per year

EDUCATION

Town-Wide Training/Lunch & Learn	-----	-----	-----	\$1 per training \$12 max per year
CPR or Defibrillator Class	-----	-----	-----	\$3 per training \$6 max per year
Personal Enrichment Class	-----	-----	-----	\$1 per class \$24 max per year

MENTAL

Meditation/Mindfulness Class/Session	-----	-----	-----	\$1 per class \$52 max per year
Massage	-----	-----	-----	\$1 per massage \$24 max per year
Personal Hobby	-----	-----	-----	\$1 per product \$12 max per year
Join a Club	-----	-----	-----	\$1 per meeting \$24 max/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	-----	-----	-----	\$3 per donation \$15 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!