

5/1/2017

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.	Employees may use their mobile location to check in to a facility through IncentFit, or scan QR Code if using the on-site facility.	\$0.50 MAX PER DAY	Reward will not be given for home workouts or at amenity centers.
WALKING/RUNNING	\$0.50 / 10,000 STEPS PER DAY	Employees may earn \$0.50 for every 10,000 steps taken per day.	Employees may sync any fitness tracking device/app to IncentFit. IncentFit will automatically track steps once device is synced.	\$0.50 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	A TOTAL of 5 races will be 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	\$9 / RACE	Employees may earn \$9 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	\$12 / RACE	Employees may earn \$12 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	\$5 / PHYSICAL	Employees may earn \$5 when they receive their annual physical.	Employees will upload form signed by doctor stating employee received a physical to IncentFit.	\$5 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 DR. ANN VIDEO	\$2 / 10 VIDEOS PER MONTH	Employees may earn \$2 for every 10 Dr. Ann videos watched.	Employees will submit a log to HR with video topic and brief explanation of each video, and HR will record reward.	\$24 MAX PER YEAR	Visit this link for more information: http://drannwellness.com/
TOWN-ORGANIZED WELLBEING CHALLENGES	\$10 / PARTICIPATION IN CHALLENGE			N/A	HR will send communication for challenges.
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://southcarolinadcp.gwrs.com/login.do?accu=SouthCarolinaWR
DAVE RAMSEY'S FINANCIAL PEACE UNIVERSITY	\$10 / SERIES	Employees may earn \$10 for completing Dave Ramsey's Financial Peace University.	Employees will upload proof of completion of course to IncentFit.	\$10 MAX PER YEAR	You can get these courses through your church, or you may visit this link for more information: https://www.daveramsey.com/fpu/?snid=cl asses.fpu-b

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 or receipt of payment to IncentFit.	MAX \$2 PER MONTH	Reward will not be given for classes required by job or be eligible for tuition reimbursement.
MENTAL					
SELF-DEFENSE CLASS	\$1 / CLASS	Employees may earn \$1 for taking self-defense classes.	Employees will upload their receipt of payment to IncentFit.	\$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	
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 specified form to IncentFit.	\$2 MAX PER YEAR	
DONATE BLOOD	\$1 / DONATION	Employees may earn \$1 for donating blood. This may be at any location.	Employees will upload specified form to IncentFit.	\$5 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	