

# WELLNESS PROGRAM GUIDELINES 2011

## **Basic Qualifying Measures:**

The following must be included in wellness check-up conducted by Medical Analysis Clinic and/or private medical provider:

**Height**

**Weight**

**BMI**

**Body Fat**

**Full Metabolic Blood Test**

**Females-Pap test if sexually active**

**Females-Age 40 and older-Mammogram**

**Males-Age 40 and older-Prostate exam**

**Males and Females- Age 50 and older-Colonoscopy or Stool Culture**

**Category I**-this category is for employees who are **currently** practicing positive wellness guidelines and complying with proactive positive health measures, such as exercising for **at least thirty minutes three times a week**. This employee would be required to meet all of the basic qualifying testing above and **keep a physical activity journal for three months; and attend one-thirty minute class** to qualify for the reduction in health insurance. If an employee has completed all of the above basic testing but is not currently exercising he/she **would be required to add exercise and keep a physical activity journal for three months**.

**Category II**-this employee would have at least **two** and not more than **three** symptoms of heart disease, such as an elevated blood pressure, elevated cholesterol, and/or elevated triglycerides. This employee might be overweight and have only one other symptom.

This employee would need to begin eating a healthier diet and exercising to improve these symptoms.

**THIS EMPLOYEE WOULD BE REQUIRED TO PARTICIPATE IN THE:**

**2-3 hour classes, i.e., Diabetes classes and/or the Cardiovascular Classes.**

***\*If this employee smokes and has two or more of the symptoms of heart disease he/she would be required to take the Smoking Cessation Class and 1-3 hour cardiovascular classes.***

**Category III**-this employee would have three or more symptoms of cardiac disease such as elevated blood pressure, obesity, diabetes, elevated blood pressure, high cholesterol, high triglycerides or have two of these symptoms and be a smoker; or have any other chronic disease such as heart or lung disease, or any other severe illness which the employee is receiving medication to correct.

**THIS EMPLOYEE WOULD BE REQUIRED TO PARTICIPATE IN THE:**

**Healthy Living Class (12 one hour classes)**

**or**

**1-3 hour Cardiovascular Class and 1-3 hour Diabetes Class plus 2 mini classes.**

***\* If this employee is a smoker and has two or more of the symptoms listed above he/she would be required to attend a smoking cessation class and participate in at least one three hour cardiovascular class.***

***Employees may also attend any other class or classes which isn't required for the insurance reduction.***