

Track Requirements & Incentive Overview

Annual Wellness Visit

**\$50
Incentive!**

Track A
2 Sessions with
Onsite Clinic

Track B
5 Sessions with
Onsite Clinic

**\$100
Incentive
upon
completion
of any
Track!***

- OR -

Cardiovascular Health Requirements

- ✓ Completion of initial appointment
- ✓ Completion of personal training fitness assessment at the HRC
- ✓ Creation of a two week workout plan in alignment with the American Heart Association guidelines and an attempt to complete it
- ✓ Final appointment with pharmacist to discuss growth and challenges and ensure track completion

Wellness in Community Requirements

- ✓ 1 appointment to begin the track laying setting goals
- ✓ Attendance at one community event, such as gardening at the CUE farm
- ✓ 1 engagement with the Healthy Horizons waking group
- ✓ 1 appointment to discuss goal progress and final questions

Nutrition Education Requirements

- ✓ 1 appointment to begin the track laying setting goals
- ✓ Engage in 1 nutrition based learning lesson (online or in person)
- ✓ Prepare and Submit 3 Healthy recipes based on nutrition guidelines
- ✓ 1 appointment to discuss goal progress and final questions around nutrition

*Tracks A or B must be completed for first year participants, and once every 3 years for returning employees