



## 2008 Wellness Program Enrollment Form

Fax to Human Resources at 207.786.6170 or send to 215 College Street

---

Thank you for being committed to achieving a healthier lifestyle. For this effort, Bates College will offer you a chance to earn \$240 in wellness incentives throughout calendar year 2008. Please return this form by December 21, 2007.

Last Name/First Name / Middle initial \_\_\_\_\_

Location/Department \_\_\_\_\_

I wish to participate in the Wellness program through Bates College. By signing this agreement, I am confirming participation in the program.

\_\_\_\_\_  
(print your name)

\_\_\_\_\_  
(signature)

\_\_\_\_\_  
(date)

# Bates | College

Bates College recognizes that employees who practice healthy behaviors are the key to holding down rising health care costs. While we realize it is not our role to manage every aspect of your health, we do know that we can make a difference for many employees. Therefore, employees taking steps to achieve a healthier lifestyle are rewarded. Employees who do not elect to participate in the Wellness Program are not penalized. Instead, we will reward those who do work hard at their health with incentives. The 2008 Wellness Program gives you the opportunity to earn up to \$240 for fulfilling certain requirements.

**\*\*For the 2008 calendar year, we are offering a Wellness Incentive of up to \$240.\*\***

**•You can earn \$80 by participating in the Health Risk Assessment and Screening.**

- Complete a Health Risk Assessment (HRA) and screening with Central Maine Conditioning Clinic. The results of the screening are absolutely confidential. If you have received an HRA from CMCC during 2007, you will automatically receive the \$80 incentive. If you have not completed the HRA yet in 2007, you must complete the HRA before March 31st, 2008 to receive the credit.

**•You can earn up to \$40 per quarter for satisfying the Healthy Behavior requirements:**

- Satisfy all three requirements in one quarter = earn \$40
- Satisfy two requirements in one quarter = earn \$30
- Satisfy one requirement in one quarter = earn \$10

- o **Quarterly Healthy Behavior Requirements:**

- o **1) Nutrition** This requirement can be satisfied by completing a seven day nutrition log, or completing a nutrition-based program such as Weight Watchers, Jenny Craig, or Bates Watchers.
- o **2) Exercise** To meet this requirement, the first option is to keep an activity log showing that you are physically active for 30 minutes on at least three days of the week. This log must span for a month. Evidence of participation in Healthy Steps or a fitness club membership also satisfies this requirement.
- o **3) Tobacco Free** This requirement is to stay tobacco free for each quarter. If you do use tobacco in any manner, you could still fulfill the incentive by joining a tobacco use cessation program.

**Raffle Incentives are available if you attend a Wellness Information Session:**

You will receive a raffle prize chance for each Health Behavior Requirement you meet. Additional raffle prize chances can be earned by attending any of the healthcare education sessions or lunch & learns.

***What do I need to do to participate in the 2008 Bates Wellness Program?***

1. Sign the 2008 Wellness Program Enrollment Form stating you are participating in Bates Wellness Program and return it to Human Resources by December 17<sup>th</sup>.
2. Schedule an HRA if you haven't completed one already in 2007.
3. Get ready to meet the Nutrition and Exercise Requirements.
4. Watch for more information about when the Wellness Information Sessions will be held.
5. Any questions on the program or how to satisfy the requirements can be directed to Mike Milliken at x 6936 or by email at [mmillike@bates.edu](mailto:mmillike@bates.edu).