## Eligible Wellness Activities & Screenings 2014-2015

10% for each 2.5% for each 7.5% for each 2.5% for each 5% for each activity: activity: activity: activity: activity: Superior Fitness Score Participation in on Huguley Exam Annual Health Step Into The 2<sup>nd</sup> Biometric Screening Participation in (certified police & fire only) Holidays Program Screening + Competitive (must complete 1: PSA, (Nov - Dec) Progress in all 3 **Fitness Activity** Participation in mammogram, well woman, Categories realFIT vision, dental, colonoscopy, (BMI, Hypertension & viascan, etc.) Step Into Summer Total Cholesterol) Participation in 2<sup>nd</sup> Program **Biometric Screening** One on One with City Sanctioned (July - August) Participation in Wellness + Progress in 2 of 3 Events CORE Fit Coordinator Categories (Must complete 2: Health (2 x per week for 30 (year round program) Fair, Survivor Rowlett, City Participation weeks) Maintenance Softball etc. in (2) 5K Walk/ Program with Wellness Coordinator Run Participation in Weight Watchers Participation in 2<sup>nd</sup> realFIT & score Individual Exercise at Work **Biometric Screening** Participation in "Acceptably Fit" Program (year round program) CORE Fit (500-599) (2 x per week for 15 (2 x per week for 6 weeks) consecutive weeks) Annual Physical Cooper Fitness Test Participation in Exam CORE\_Fit (Must pass 2) (2 x per week for 40 City Sanctioned weeks) **Ability to** Events **Huguley Exam** earn 20% (Must complete 4: Health Fair, Survivor Rowlett, City Participation in (certified police & fire only) max Softball etc. realFIT & score Participation in Well Fit" or above CORE\_Fit (600 - 950) Flu Shot (2 x per week for 15 weeks)