



Instructions

Enrollment

Employees participating in the WataugaFIT program must complete and submit a *WataugaFIT Wellness Program Enrollment Form* to Human Resources.

Wellness Activity Incentive Tiers

| Points | Wellness Day Off | \$50 Cash or HSA | \$100 Cash or HSA | \$200 Cash or HSA | T-Shirt | Water Bottle |
|-----------------------|------------------|------------------|-------------------|-------------------|---------|--------------|
| 70 Points | | | | | | X |
| 80 Points | | X | | | X | X |
| 90 Points | | | X | | X | X |
| 100 Points | | | | X | X | X |
| 150 Points | X | | | X | X | X |
| 80 Points (Dependent) | | | | | X | X |

City of Watauga WataugaFIT Wellness Program

PROGRAM ENROLLMENT FORM



The City of Watauga supports and is committed to the overall health and well-being of its employees. A healthy workforce results in a more productive workforce with less absenteeism, fewer accidents, lower health care demands, and greater overall savings by reducing the incidence of disease and disability. City employees are encouraged to participate in wellness programs that help identify and reduce health risks before serious health problems occur or allow better management of existing health problems.

The City encourages healthy lifestyles by promoting wellness programs in coordination with the Health Plan Provider by providing educational resources and classes that promote exercise, good nutrition and healthy lifestyles within and outside the workplace.

☐ I have reviewed the WataugaFIT Wellness Program document.

Employee Name: _____

Department: _____

*Shirt Size: _____

Liability Waiver

By signing below, I release and agree not to hold liable, the City of Watauga, its elected officials, agents, employees from any and all actions, causes of action, claims, demands, costs or damages arising from or resulting from property damage, personal injuries or death sustained by me or my property while participating in the WataugaFIT Wellness Program. I further agree, to indemnify, hold and save harmless the City of Watauga, its elected officials, agents, officers, employees, from any liability, action, claim, damage, award or judgment incurred by the above city or individuals as a result of any act or omission caused in part by a person indemnified hereunder.

Employee Signature: _____ Date: _____

*Subject to availability



How to Earn Points

Wellness Activity Definitions

15 POINT ACTIVITIES

- **1 Year Tobacco Free** – No tobacco use during the effective period. This includes the use of smokeless tobacco and electronic cigarettes. Employee must sign a sworn affidavit meeting the requirement of this event.
Tobacco Free Certification Form
- **Biometric Screening + Improvement in 2 Categories** – Must complete a full biometric screening and demonstrate improvements in two (2) categories. These categories are body mass index (BMI) or weight loss, hypertension or blood pressure, or total cholesterol count. Proof of the biometric screenings and improvements must be presented to Human Resources to receive credit for this event. Proof containing medical information will not be maintained by the City.
Submit proof of Biometric Screening to Human Resources
- **120 Day Weight Loss Challenge w/ 10% Loss**– Must lose at least 10% of total body weight within 120 consecutive days. This activity may be started at any time during scheduled weigh-in events with a final weigh-out to register ending weight. Points may be collected multiple times for this activity.
Weight Loss Challenge Enrollment Form
- **Group Fitness Classes** – Must complete at least twenty (20) total group fitness classes during the effective period. Examples include yoga, aerobics, spinning, etc. A Group Fitness Class Form must be initialed by the group fitness instructor for each class. Points may only be collected twice for this event.
Group Fitness Classes Certification Form
- **Individual Exercise Challenge** – Must complete individual workouts at least twice a week for fifteen (15) weeks during the effective period. The weeks do not have to be consecutive, but points may only be collected once for this event. Workouts must consist of at least 30 minutes of weightlifting, gymnastics, cardiovascular exercises, or a combination of all three (3). This activity may be started at any time. A sworn affidavit detailing the workouts must be signed to complete this event. Points may only be collected once for this event.



Individual Exercise Challenge Certification Form

- **Participation in High Endurance Race** – Must participate in an organized foot race or cycling event with a distance of at least 12 miles. Proof may include a copy of the registration form or a photo showing your participation in the race. Points may only be collected once for this event.

Submit proof of participation to Human Resources

10 POINT ACTIVITIES

- **Fitness Challenge** – This activity is designed to be a competitive event versus only yourself. Employees will participate in a scheduled fitness challenge including push-ups, sit-ups, stretch test and a 1 mile walk/run. There is no required time or amount of exercise repetitions required. Individuals can make any modifications necessary for comfort. Points may be collected once, but employees can participate as often as they want.

Complete Sign-In Sheet at Event

- **Annual Health Screening** – These screenings include wellness visits/physicals, mammograms, colonoscopies, vision tests, and dental check-ups. Proof may include a note from the doctor or some record of the appointment. Points may be collected twice for this event, but not twice for the same type of visit.

Submit proof of Annual Health Screening to Human Resources

- **Water Drinking Challenge** – This activity is a 30 day challenge where the goal is to drink half of your body weight in ounces (i.e. 150lbs = 75 ounces per day). A sworn affidavit must be signed to complete this event. Points may only be collected once for this event.

Water Drinking Challenge Certification Form

- **Blood Drive** - Must participate in the City's Blood Drive. Participation in a blood drive outside the City is also accepted. Proof must be provided. Points may only be collected once for this event.

Complete Sign-In Sheet at Event or submit proof to Human Resources

- **120 Day Weight Loss Challenge w/ 5% Loss** – Must lose at least 5% of total body weight within 120 consecutive days. This activity may be started at any time during scheduled weigh-in events with a final weigh-out to register ending weight. Points may be collected multiple times for this activity.

Weight Loss Challenge Enrollment Form



- **Health Fair** – Must attend the City's Annual Health Fair and interact with a designated number of vendor booths. A comparable health fair may be attended, but must be preapproved. Points may only be collected once for this event.

Complete Sign-In Sheet at Event

- **Participation in Competitive Sports League** – This includes participation in an organized sports league that is scheduled out through a season such as softball, soccer, flag football, etc. and consist of at least (8) eight games or matches. Proof may include a copy of the registration form or official team roster and a team schedule. Points may be collected twice for this activity.

Submit proof of participation to Human Resources

- **Pedometer Challenge** – Must register at least 30,000 steps per week for 6 weeks. The weeks do not have to be consecutive. A pedometer or other electronic device used to count steps must be used and a sworn affidavit logging the steps must be signed to complete this event. Points may be collected twice for this activity.

Pedometer Challenge Certification Form

- **Participation in 5K Walk/Run** - Must participate in an organized foot race event with a distance of at least five (5) kilometers. Proof may include a copy of the registration form or a photo showing your participation in the race. Points may be collected twice for this activity. Employees participating in the City of Watauga's "Scared to Run 5K Walk/Run" will receive an additional 5 points.

Submit proof of participation to Human Resources

- **Row Test Improvement** - To collect points for this event, the employee must row 2000 meters on a Concept2 Rower with the damper set at level "5". The goal is to improve or maintain your time achieved during the initial row test.

Employees who earn a VO2 Max Percentage higher than 100% are eligible for additional 5 points. The initial row test will be taken during the first quarter of the fiscal year. The follow up row test will be taken during the 3rd quarter of the fiscal year. Points may only be collected once for this activity.

Row Test Improvement Certification Form

5 POINT ACTIVITIES

- **City Sponsored Seminar** – Must attend a Lunch & Learn or other wellness education event sponsored by the City (Human Resources, Community Center or Library). Points may be collected up to five (5) times for this event.

Complete Sign-In Sheet at Event



- **Participation in Competitive Sports Tournament** – This includes participation in an organized sports tournament such as softball, kickball, soccer, flag football, etc. Proof may include a copy of the registration form, official team roster, or schedule. Points may be collected twice for this activity.
Submit proof of participation to Human Resources
- **30 Day Plank or Rep Challenge** – This activity is a 30 day progressive challenge where you must either maintain a plank position for the duration of time or perform repetitions of a certain exercise designated for that specific day. Exercises can include squats, sit ups, push-ups, etc. This activity may be started at any time. A sworn affidavit must be signed to complete this event. Points may only be collected twice for this event.
30 Day Plank or Rep Challenge Certification Form
- **Biometric Screening** – Must complete a full biometric screening. Proof of the biometric screening must be presented to Human Resources to receive credit for this event. Proof containing medical information will not be maintained by the City.
Submit proof of Biometric Screening to Human Resources
- **Row Test** – To collect points the employee must row 2000 meters on a Concept2 Rower with the damper set at level “5”. A target time is not required only completion of 2000 meters. This initial row test will be taken during the first quarter of the fiscal year. Points may only be collected once for this activity.
Row Test Improvement Certification Form or Complete Sign-In Sheet at Event
- **Flu Shot/Other Immunization** – Must receive a flu shot or other form of immunization during the effective period. Proof may include a receipt or shot record. Points may only be collected once for this event.
Complete Sign-In Sheet at Event or submit proof of vaccination to Human Resources
- **Share A Healthy Recipe** – Cook a healthy meal at home and submit the recipe and a picture. Human Resources will share your recipe with other employees. Points may be collected twice for this activity.
Submit recipe to Human Resources
- **Read a Book** – Mental health is just as important as physical health. Read a self-help or wellness related book. Submit a review of the book (4-5 sentences) along with the book title and author. Book must be a minimum of 80 pages. Points may only be collected once for this event.
Submit review to Human Resources

Additional activities may be added throughout the year. Additional points for activities may be rewarded during special promotions.