

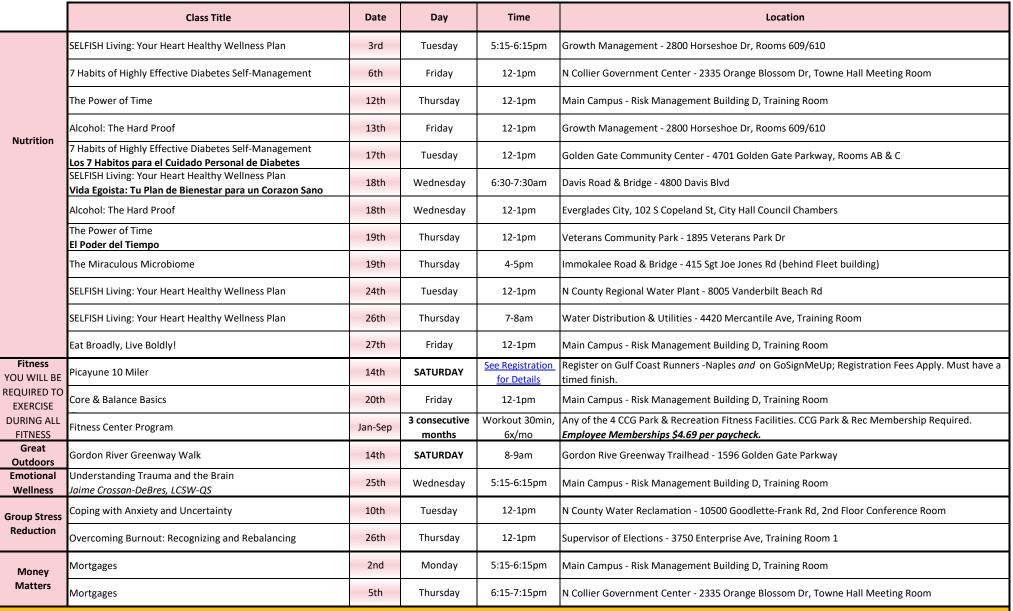
### FEBRUARY 2026 - WELLNESS PROGRAM OPTIONS FOR HEALTHY BUCKS & HEALTH SMART QUALIFYING

Wellness aims to design programs that will address the 5 Health Smart risk factors monitored during the insurance qualifying process: blood pressure, triglycerides, LDL cholesterol, waist circumference, and A1c (blood sugar).



#### REMINDER: YOU MUST ARRIVE NO LATER THAN 5 MIN AFTER THE START OF THE CLASS TO RECEIVE CREDIT

Register for all Wellness programs on http://colliergov.GoSignMeUp.com



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# 2026 Healthy Bucks Program

### \$150 Maximum Healthy Bucks earned by participating in these programs:

- Wellness Education Sessions—Topics on the latest Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Matters, Great Outdoors - \$50HB
- Wellness Group Fitness Programs Employee Wellness Fitness Center \$50HB
  - Participate in the Wellness-sponsored Exercise Programs (Zumba, Pilates, Yoga, etc)
  - \$30 registration fee is required for all non-Park n'Rec fitness members
  - must attend 12 of 16 exercise sessions (Wellness group fitness free with Fitness membership)
- Fitness Center Program—Join the Employee Wellness Fitness Center or Park n' Rec Centers \$50HB
  - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Centers
  - · fitness membership required by payroll deduct
- Complete a <u>chip/timed</u> CCG Park & Rec or Gulf Coast Runners sponsored event (or a virtual race event allowed when inclement weather affects a scheduled race- specific tracking/authenticity requirements) - \$50HB

## The Remainder \$150 Healthy Bucks earned by participating in these RESULT-BASED HB programs:

- NEW! \$50 Healthy Bucks for Zero Risk Factors—\$50HB
  - Receive the following values on your insurance qualifying lab/biometric results and earn an automatic \$50 Healthy Bucks! Blood Pressure <130/90, Waist Circumference <35in (women) or <40in (men), LDL cholesterol <130, Triglycerides <150, A1c <5.7 or <7.0 (existing Diabetes)</li>
- Holiday Waist Challenge \$50HB initial measurements taken at Wellness Waist Clinics in Aug/Sep 2025
  - Waist Circumference Women ≤ 35 inches and Men ≤ 40 inches
  - For women- if waist circumference is >35 inches must lose 1/2 inch
  - For men- if waist circumference is >40 inches must lose 1/2 inch.
  - FINAL Waist measurement will be repeated Jan 2-9, 2026 by attending a Wellness Waist Clinic
- Holiday Fitness Challenge \$50HB
  - You must have a Park n' Rec Fitness membership and exercise 8 times for 30 mins or more during Nov/Dec 2025
- Off the Cuff Blood Pressure Program \$50HB
  - Blood Pressure < 130/90</li>
  - Attend a Wellness Waist Blood Pressure Clinic during Aug/Sep 2026 to test your BP
- Sugar Busters A1C Management Program \$50HB
  - A1C < 5.7% OR for those with Type 1 or Type 2 Diabetes A1C ≤ 7%</li>
  - Have your non-fasting A1C blood glucose drawn between July 15 and Sep 30, 2025 by appointment only at the MedCenter, phone 252-4257
- Re-shape Your Frame Body Composition Program \$50HB initial measurements taken from insurance qualifying lab biometric testing results, deadline Mar 31, 2026.
  - Waist Circumference Women ≤ 35 inches and Men ≤ 40 inches
  - For women- if waist circumference is 36-40 inches must lose 1 inch; if > 40 inches must lose 2 inches
  - For men- if waist circumference is 41-45 inches must lose 1 inch; if > 45 inches must lose 2 inches
  - ALL FINAL Waist measurements will be repeated Aug/Sep 2026 by attending a Wellness Waist/Blood Pressure Clinic.

\*Alternative Result-based HB programs are available for those who may not consider the above options feasible.

Must register by January 31, 2026. See Wellness for details.