

## MCSIG Healthy Lifestyle Solutions Incentive Program 2009/10 Health Action List

Health Action	Description	Value
<b>YOUR Wellness Assessment</b>	To be eligible for the Healthy Lifestyle Solutions Incentive Program, you must be a member district active employee with MCSIG benefits and complete a health risk appraisal and corresponding health screenings each program year (July 1-May 30). Health risk appraisals are offered once per year, usually beginning in February and continuing into March. If you decide not to take the wellness assessment this year, you can reapply next year.	<b>1</b>
<b>Routine Physical Exam by Doctor</b>	Receive a complete physical exam from your physician according to the following <u>MCSIG Schedule of Visits</u> for your age group: A member who is less than 35 years of age = one physical every 5 years; 35-44 = one physical every 3 years; 45-54 = one physical every 2 years; 55 or more = one physical every year.	<b>1</b>
<b>Physical Activity</b>	(180 credits required). Perform any of the listed activities below for 30 minutes = 1 credit. Only physical activity of at least 10 continuous minutes will be counted. Limited to 2 credits (60 minutes) per day. Activities include: walking, running, swimming, rowing, biking, roller blading, dancing, tennis, basketball, jumping rope, weight training, rock climbing, gardening or any activity class (Yoga, Aerobic Dance, Martial Arts, Tai Chi, etc.). A Physical Activity Log sheet signed by you is required to receive credit. Log sheets are available on the Internet <a href="http://www.mcsig.com">www.mcsig.com</a> .	<b>1</b>
<b>Tobacco Free</b>	Provide a "Certificate of Being Tobacco Free for the Last Five Years" signed by you. Certificates are available on the internet <a href="http://www.mcsig.com">www.mcsig.com</a> OR  Smokers who have quit and have been smoke free for one-year need to submit a Smoking Cessation Class Certificate along with the MCSIG Certificate of Being Tobacco Free. Smoking cessation class and nicotine replacement aid (patch and gum) reimbursement is available from MCSIG.	<b>1</b>
<b>Healthy Weight</b>	Body Mass Index (BMI) score of <b>30 or less</b> at the time of the health assessment. See the attached BMI table. OR  Attend Weight Watchers and be reimbursed by MCSIG. MCSIG provides reimbursement for attending Weight Watchers. Application forms available on the Internet <a href="http://www.mcsig.com">www.mcsig.com</a> or from MCSIG 755-0161.	<b>1</b>
<b>Annual Flu Shot or Nasal Spray</b>	Receive a flu shot or nasal-spray flu vaccine from either MCSIG, a community clinic or your doctor. Receipt required if the flu shot/spray is <u>not</u> administered at the MCSIG school clinics. A schedule of MCSIG school clinics will be posted at our website <a href="http://www.mcsig.com">www.mcsig.com</a> in September.	<b>1</b>
<b>Program Participation</b>	Participate in any <b>ONE</b> of the following MCSIG Health Promotion activities and earn one point: Exercise Challenge, 10K-A-Day, Colorful Choices, Annual Health Fair, Wellness Employee of the Quarter Award Winner, Special Workshops, Wellness Coordinator or Wellness Ambassador. Program offerings may vary from year to year. Participation is subject to verification and members must meet minimum participation guidelines. Complete <b>TWO</b> or more activities in the award year and earn two credits, etc.	<b>1-2</b>
<b>Community Walk/Run or Tri</b>	Submit your registration or a copy of your race bib number for any community run, walk or triathlon.	<b>1</b>
<b>Self-Directed Learning</b>	Attend any approved health education class listed: Yoga, Stress Management, Meditation, Tai Chi, Asthma Education, Childbirth Preparation, Diabetes, Heart Smart Nutrition, Walk and Win, Back to Health and Breast Feeding. MCSIG pays half of the tuition of the classes listed above, provided attendance requirements are met.	<b>1</b>
<b>Blood Pressure</b>	Blood Pressure of <b>139/89 mm Hg or less</b> at the time of the health screening or complete a training course on reducing blood pressure. Contact MCSIG for alternative standard information.	<b>1</b>
<b>Cholesterol Ratio</b>	Total cholesterol to "good" cholesterol (HDL) <b>ratio of 4.5 or less*</b> at the time of the health screening or complete a training course on cholesterol control. Contact MCSIG for alternative standard information.	<b>1</b>
<b>Non-fasting Glucose</b>	Non-fasting glucose (blood sugar) of <b>140 mm/dl or less**</b> at the time of the health screening or complete training course on ways to reduce blood sugar. Contact MCSIG for alternative standard information.	<b>1</b>
<b>TOTAL possible activities</b>		<b>13</b>

\* American Heart Association recommended ratio \*\* American Diabetes Association non-diabetic standard  
Health actions are limited to the value indicated per 12 months.

**BRONZE \$100 = 6/13 activities    SILVER \$200 = 7/13 activities    GOLD \$300 = 8/13 activities**