

COA Wellness Program 2024 Components & Tracking

PROGRAM COMPONENT	HOW TO COMPLETE
Level 1 Incentive: \$600	
Requirements for all participants:	
START: Set a personal health goal	Submit by APRIL 30 to program administrator.
Exercise at least 60 min/week	Ongoing throughout the year; self-report on the end of year attestation form.
Nutrition Consult	Meet with Dietitian; contact Dietitian at BSS to schedule. NEW: See scheduling requirements on web page.
Health Nudge	Meet with BSS psychologist for "health nudge". Contact BSS to schedule. NEW: See scheduling requirements on web page.
Annual physical exam	Anytime during the year, with your medical provider. Self-report on the attestation form.
Health Education Materials	Review (4) Health Matters education materials and complete review form for each. See web page for details.
Attestation Form	End of year: complete online form (available by November).
Level 2 Incentive: \$1000	
Requirements IN ADDITION to the items above	
Exercise at least 180 min/week	Ongoing throughout the year; self-report on the end of year attestation form.
Dept. Activities	Participate in one Dept- approved activity (see web page for details). NEW: all Level 2 to participate in one of these.
Additional Health Education	NEW: Self-study. Review a health-related book, video, podcast, training, or other resource of your choice, and complete review form.
Health Habits Tracking	Complete 7-day tracking using online form OR (NEW) submit one week data from personal digital tracking device such as Apple Watch.

*For more details and links to forms, go to: lapdbss.online/COA