



Alternative Healthy Bucks Program - 2023

Starting on January 1st of 2023.

Collier County government offers activity-based Healthy Bucks programs. These programs are being offered as an alternative to the result-based Healthy Bucks programs. The new programs noted below allow individuals to earn Health Bucks in ways other than meeting certain clinical targets. **Healthy Bucks dollar values have been returned to \$50HB.**

- Alternative *Off the Cuff* – Blood Pressure Program - **\$50 Healthy Bucks**
- Alternative *Sugar Busters* – A1C Management - **\$50 Healthy Bucks**
- Alternative *Re-shape Your Frame* – Body Composition Program - **\$50 Healthy Bucks**

(If you elect to enroll in one of these Alternative activity-based Health Bucks programs you will not be eligible for the Result-based Health Bucks programs.)

These Alternative programs will be based on attendance and program participation. Participants do not need to achieve a clinical value in order to earn the \$50 Healthy Bucks for each program. The MedCenter and/or Wellness will administer these programs. All members must take the responsibility of registering for these programs by Jan. 31st of each year on the GoSignMeUp system under the Alternative HB Program heading. All new hire members will have the opportunity to select the Alternative program at the Benefits - New Hire orientation. **Participants are required to schedule their own MedCenter or Wellness appointments. A no-show, no-call appointment will result in program dismissal. Only one (1) call-in for a missed appointment is allowed.** The participant has the responsibility of re-scheduling the appointment within 3 days of appointment cancellation.

Following is a brief description of each alternative program and the activities you need to complete to earn the rewards noted.

Alternative *Off the Cuff* – Blood Pressure Program - **\$50 HB**

- Meet with Main Campus MedCenter APRN a minimum of 3 quarterly visits (Jan-Sept)
- A home-use blood pressure cuff with logbook will be issued. Two weeks of blood pressure readings will be required. A payroll deduct form will be mandatory. A non-returned blood pressure machine will be deducted from the participants' paycheck (Approx. \$100). Failure to return the blood pressure machine at time of logbook review appointment will result in forfeiting eligibility to earn the \$50 reward.
- Schedule MedCenter appointment for blood pressure logbook readings.
- Possible pharmacology interventions with follow-up appointments per medical provider care plan
- MedCenter APRN may refer to Wellness for nutrition and/or exercise intervention.
- Participants must schedule their appointment within 7 days of referral.
- Adherence to medical and nutrition care plans is mandatory.

Failure to meet attendance or medical compliance protocols of the Alternative *Off the Cuff* – Blood Pressure Program will result in forfeiting eligibility to earn the \$50 Healthy Bucks reward.

Alternative *Sugar Busters* – A1C Management Program - **\$50 HB**

- Meet with Main Campus MedCenter APRN a minimum of 3 quarterly visits (Jan-Sept)
- A home-use glucometer, glucometer strips, and logbook will be issued. One month of glucose readings will be required. A payroll deduct form will be mandatory. A non-returned glucometer machine will be deducted from the participants' paycheck (Approx. \$20). Failure to return the glucometer machine at time of logbook review appointment will result in forfeiting eligibility to earn the \$50 reward.
- Schedule MedCenter appointment for blood glucose logbook readings.
- Possible pharmacology interventions with follow-up appointments per medical provider care plan
- MedCenter APRN may refer to Certified Diabetes Educator/Wellness Health Educator for nutrition and/or exercise intervention.
- Participants must schedule their appointment within 7 days of referral.
- Adherence to medical and nutrition care plans is mandatory.

Failure to meet attendance or medical compliance protocols of the Alternative *Sugar Busters* – A1C Management Program will result in forfeiting eligibility to earn the \$50 Healthy Bucks reward.



Alternative *Re-shape Your Frame* – Body Composition Program - \$50 HB

- Meet with Wellness Health Educators a minimum of 3 quarterly visits (Jan-Sept)
- Participants will be issued a meal/exercise plan and be required to complete and submit food & exercise records
- Office visits will include review of food records, measurements, and additional body composition testing if deemed applicable (i.e. Indirect Calorimetry, percent Body Fat conducted by an InBody test).
- Referrals to MedCenter APRN or Behavioral Wellness counselor may be indicated
- Adherence to nutrition care plans is mandatory.
- Attendance at one Wellness Healthy Bucks exercise program.

Failure to meet attendance or medical compliance protocols of the Alternative *Re-shape Your Frame* – Body Composition Program will result in forfeiting eligibility to earn the \$50 Healthy Bucks reward.

REMEMBER! If you elect the Alternative activity-based Healthy Bucks programs you are not eligible to earn any rewards under the Result-based Healthy Bucks programs.

Program Registration Deadline:

Established insured members: January 31, 2023.

New Hire members: Sign up at Benefits Orientation