Wellness Incentive Plan 2011
at Murray State University

**Healthy LIFE**

**NAVY RACER** – Earn $50 Reward

- Must meet 6 of the 11 requirements below:
  - If biometric values do not fall within the ranges listed in the Gold or Silver Racer, employees may be eligible for the Navy Racer if they provide documentation from a health care provider/physician indicating they are seeking the providers’ assistance in addressing one or more of the following criteria:
    1. Weight loss to influence BMI/Body Composition
    2. Management of blood pressure
    3. Addressing elevated blood glucose levels
    4. Addressing elevated lipids
    5. Participating in other disease management programs
    6. Complete 3 “Lunch & Learn” and/or “Read and Learn” sessions during the tracking period.**
    7. Complete a health and/or wellness class with a passing grade.**
    8. Perform physical activity on average ≥ 2 days per week, a minimum of 30 minutes at a moderate intensity.**
    9. Abstain from tobacco products or provide documentation of involvement in an approved cessation program.**
    10. Get a Flu Shot (1 per year) or other appropriate vaccinations.**
    11. Preventive examination.**

**SILVER RACER** – Earn $100 Reward

- Must meet 8 of the 13 requirements below:
  1. BMI: < 30 or Body Composition of 27.5-35% for women, and 19.5-25% for men*
  2. Blood Pressure: ≤ 135/85* (Requires ≥ 2 recordings w/ at least 1 month between recordings)
  3. Fasting Glucose: ≤ 125*
  4. Triglycerides: ≤ 200*
  5. HDL: ≥ 40*
  6. LDL: ≤ 120*
  7. Bone density screening or diagnostic test considered in the normal range based on age and gender.
  8. Complete 3 “Lunch & Learn” and/or “Read and Learn” sessions during the tracking period.**
  9. Complete a health and/or wellness class with a passing grade.**
  10. Perform physical activity on average ≥ 2 days per week, a minimum of 30 minutes at a moderate intensity.**
  11. Abstain from tobacco products.
  12. Get a Flu Shot (1 per year) or other appropriate vaccinations.**
  13. Preventive examination.**

**GOLD RACER** – Earn $150 Reward

- Must meet 8 of the 13 requirements below:
  1. BMI: < 25 or Body Composition of 22-27% for women, and 15-19% for men*
  2. Blood Pressure: ≤ 120/80* (Requires ≥ 2 recordings w/ at least 1 month between recordings)
  3. Fasting Glucose: ≤ 100* or hemoglobin A1C < 7.5
  4. Triglycerides: ≤ 150*
  5. HDL: ≥ 50*
  6. LDL: ≤ 100*
  7. Bone density screening or diagnostic test considered in the normal range based on age and gender.
  8. Complete 3 “Lunch & Learn” and/or “Read and Learn” sessions during the tracking period.**
  9. Complete a health and/or wellness class with a passing grade.**
  10. Perform physical activity on average ≥ 3 days per week, a minimum of 30 minutes at a moderate intensity.
  11. Abstain from tobacco products.
  12. Get a Flu Shot (1 per year) or other appropriate vaccinations.**
  13. Preventive examination.**

**See FAQ’s for specifics and clarification. Only one reward given per tracking period. Plan guidelines subject to change. Effective dates: January 1, 2011 to December 16, 2011.**