

Be Well Dayton

Welcome to the Be Well Dayton Wellness Program! Because your health and well-being matter to us, we have strategically designed this program to include challenges geared towards promoting your best health. Earn points by completing activities in this program to receive a cash reward!

PROGRAM DETAILS

- Complete Tier 1 required activities to receive the Tier 1 incentive.
- Complete Tier 1 required activities, Tier 2 required activities, and earn a total of 350 points to receive the Tier 2 incentive.
- You may begin earning points for Tier 2 even if you have not completed all of Tier 1 yet.

Tier 1 Required Activities

This section MUST be completed to receive the Tier 1 incentive and to qualify for the Tier 2 incentive.


- Biometric Screening:** Complete the biometric screening at the YMCA mass event, or at the D.O.C. offsite clinic. Your screening completion will be updated for you the first week of the month after your screening has completed processing. There is no need to track anything within the platform - easy! Simply complete the screening and earn your 50 points!
- Age Gauge:** Complete Age Gauge and discover your health age to earn 50 points! You can begin by clicking Age Gauge at the top of your myHS homepage or by clicking 'start' on the Age Gauge activity tile.

Tier 2 Required Activities


This section MUST be completed to qualify for the Tier 2 incentive.

- Annual Physical:** Visit your primary care provider to complete your annual wellness check up. At an annual physical your provider will listen to your heart and lungs, check your extremities, and give your skin a look-over. Submit the date of your completed appointment to earn 100 points.

A FEW MORE THINGS YOU MAY WANT TO KNOW

- **Additional Challenges:** Additional challenges are available within the myHS Wellness Portal. Details regarding each challenge can be found on myHS within the challenge tile. Hover over the challenge tile and click the  information button to view challenge details. Some challenges are verified for you by Healthstat, such as the Biometric Screening, and some items you will track yourself.
- **Spouse Participation:** You'll receive 50 points if your spouse completes a biometric screening AND an Annual Primary Care Physician Well Visit. Spouses can attend these appointments at the D.O.C. or with their own healthcare provider. Upload a copy or picture of the completed Spouse Wellness Form to the Healthy Honey tile within myHS to receive credit.
Spouse must be listed as a dependent on City of Dayton Health Plan (primary or secondary coverage).

Activity Checklist

Details regarding each challenge can be found on myHS within the challenge tile. Hover over the challenge tile and click the  information button to view challenge details. Some challenges are verified for you by Healthstat, such as the Biometric Screening, and some items you will track yourself.

TIER 1 REQUIRED CHALLENGES

This section **MUST** be completed to receive Tier 1 incentive and to qualify for the Tier 2 incentive.

- Biometric Screening 50 points
Complete your annual biometric screening
- AgeGauge 50 points
Discover your health age

TIER 2 REQUIRED CHALLENGES

This section **MUST** be completed to qualify for the Tier 2 incentive.

- Annual Physical 100 points
Complete your annual well visit

HEALTH CHALLENGES

Some of these items may not be necessary depending on your age, gender and health history. Communicate with your providers to determine what is recommended for you. You can also view general recommendations on page 12 of this program guide.

- Blood Pressure < 130/80 10 points
- A1c ≤ 6.4% 10 points
- Total Cholesterol ≤ 239 10 points
- Waist Circumference ≤ 35 women; ≤ 40 men 10 points
- Pearly Whites 10 points each
Visit your dentist
- Vision Exam 10 points
Visit your eye doctor
- Prevent It 10 points each
Complete your preventive screenings
- Protect It 10 points each
Complete your immunizations
- Coach Connect 10 points
Connect with your personal health navigator
- HealthyU 10 points each
Complete any University Course
- Healthy Honey 50 points
Spouse Wellness Participation

BE WELL CHALLENGES

Complete these behavior based challenges to reach your health and wellness goals. Challenges in this sections will be offered periodically throughout the year.

- Wellness Moments 5 points each
with your Chronic Condition Manager
- Walktober 25 points
Walk 300,000 steps in October
- BrownBag 15 points
Pack your lunch every day
- Maintain No Gain up to 25 points
Maintain your weight through the holidays
- 3Square 15 points
Eat 3 meals a day
- Spring Into Action 25 points
150 minutes of exercise
- GoH2O 15 points
Choose water
- Healthy Weight for Me 25 points
Weight management program
- 1000 Strong 15 points
1,000 reps - 30 days

COMMUNITY CHALLENGES

Stay connected with these community based challenges!

- Fun Run 10 points
Complete a race/walk event
- Serve It 10 points
Serve your community
- Blood Drive 10 points
Donate blood
- Come Together 10 points
Join a group
- Team Player 10 points
Play on a sports team

PERSONAL CHALLENGES

Choose from a list of over 200 personal challenges that interest you! These personal challenges are all 30-day habit forming challenges. Take these challenges to the next level by inviting your peers to join in with you!

25 points per challenge