



INTRODUCING

HEALTHY REWARDS

2020 - 2021 INCENTIVE PROGRAM

We combined the Subsidize Your Health Program with Healthy Goals. The aim is the same – healthy habits earn you improved wellness and a **cash reward of \$75**.

Here's how to earn your Healthy Reward:

1. Set an individual wellness goal with Health Coach Joan or the OV Health Clinic. Wellness includes: fitness, nutrition, weight loss, stress management, improved health conditions (*cholesterol, blood pressure, glucose...*)
2. Meet with Health Coach Joan (*available by phone, email or virtually*) or the OV Health Clinic staff for at least two visits.
3. Earn your Healthy Reward when successfully achieving or progressing towards your goal between **July 1, 2020** and **June 30, 2021**.

Questions?

Contact healthcoach@orovalleyaz.gov

