

2020 - 2021 INCENTIVE PROGRAM

HEALTHY REWARDS

FAQ's

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

You earn your Healthy Reward by setting an individual wellness goal with Health Coach Joan or the Oro Valley Health Clinic. They will work with you to put a SMART goal plan in place. After your goal is set, you meet with the Oro Valley Clinic staff or Coach Joan for at least two visits. Earn your Healthy Reward between **July 1, 2020** and **June 30, 2021**.

FREQUENTLY ASKED QUESTIONS

- 1. What is a wellness goal?** Wellness includes fitness, nutrition, weight loss, stress management, improved health conditions (blood pressure, cholesterol, glucose, etc.). Your individual goal may be about health maintenance or health improvement.
- 2. What is a Health Improvement Goal?** A health improvement goal is usually centered around improving a health condition(s) that will enable you to have better overall health. Losing weight, improving your blood pressure, and improving your cholesterol numbers are examples of a Health Improvement Goal.
- 3. What is a Health Maintenance Goal?** A health maintenance goal is focused on maintaining/improving good health habits that you have already put into place. For example, you may decide that your goal is to run a 5K because you want your walking practice to become a running practice. You might choose to incorporate a yoga practice into your strength routine. Perhaps you are committed to eating a plant-based diet and cutting back on meat.
- 4. What's a SMART goal?** SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic and, Timely. For example: Your goal is to lose weight. A SMART goal for you might be that you want to lose 20 lbs. in a 6-month time frame by following a certain eating plan and exercise protocol.
- 5. Can I still get reimbursed for running shoes, fitness equipment, gym memberships, nutrition programs and testing?**
Yes! After setting and working towards your Healthy Reward goal, any purchases that are made to help you with the goal can be reimbursed up to \$75.
- 6. Do I have to meet with Health Coach Joan in person?** No. We realize that some of you have work schedules that don't correspond with Coach Joan's or the Health Clinic's hours. Coach Joan is available via email, phone, or virtually. The Health Clinic staff is available by email and phone as well.
- 7. Do I have to meet with the nurse practitioners or RN at the Health Clinic in person?** Your clinic providers would love to see you in the clinic if you are healthy and not ill. You have the option to make an appointment with your providers in person or through telehealth. The clinic is open Monday, Wednesday, and Friday from 9:00-3:00, staffed by your nurse practitioners Laurie and Marcee, and Thursday's by Monica from 9:00-5:00.
- 8. How will I receive my Healthy Reward?** You will receive your reward in your paycheck, listed as a wellness reward.

