

Frequently Asked Questions about ACC Wellness Programs

GENERAL WELLNESS PROGRAM QUESTIONS:

- 1. When is the fiscal year, exactly?**
The fiscal year runs from July 1 through June 30.
- 2. How many weeks are in a quarter?**
Twelve (12)
- 3. Where can I find Wellness Program forms?**
You can find **all forms** at www.athenshr.com and then click on the Wellness Program tab.
- 4. Can I use the same activity for both the Tier Program and Wellness Points Program?**
No You can use an activity for EITHER TIER or POINTS, not both.
- 5. Can I use the same form for both the TIER Program and Wellness POINTS Program?**
Yes. We have consolidated the forms to better meet your needs.
- 6. Can you get wellness points for HRA/Blood work?**
No. They are required for enrollment into **both** Wellness Programs.
- 7. Can I wait to turn in all my Wellness Points and/or Tier activities at the end of the fiscal year?**
No! Please turn them in quarterly! It is a requirement to turn in your TIER activity each quarter. Failure to do so will result in being reverted back to the regular insurance rate.
- 8. When can I sign up for the Wellness Tier and/or Points Programs?**
TIER sign up is only during the Benefit Open Enrollment Period or as a new employee.
POINTS can be started at any time during the year, but recognize that you may not reach the required points to earn the insurance reduction.
- 9. If I participate in a program that starts in one quarter and ends in another, which quarter do I count it in?**
Programs (such as Walk GA or Yoga Classes) Count in the quarter that it ends in.

WELLNESS POINTS QUESTIONS:

- 10. How do I record my Wellness Points for the Wellness Coordinator?**
Complete your activities for any one quarter on the Wellness Quarterly Accountability Form and return by the 10th day of the month following the end of that specific quarter. The 4th Quarter due date is June 15th to ensure paperwork is complete to begin the new fiscal year.
- 11. Am I required to complete the Nutrition and/or Exercise Activity Logs for the POINTS program?**
No. Those are for your personal use only. You would report on the Quarterly Accountability Form.
- 12. Why do I have to get so many points from physical activity and nutrition?**
Being physically active and eating healthy are necessary in order to prevent disease, feel good, and be healthy.
- 13. If I've already earned 50 points for exercising, can I still get credit for participating in other forms of physical activity like walking a trail, being on a sports team, or taking an exercise class?**
Yes, as long as you do not count any of those activities as part of the exercising you did to earn 50 points.
- 14. If I exercise more than 30 minutes a day, 4 days a week, can I get more than 50 points?**
Being more physically active will improve your health and help prevent disease, which is the best prize of all. However, 50 points is the maximum amount that can be earned for exercise in a 12-week period.
- 15. Can juice count as a fruit or vegetable?**
Only one serving of juice can count as a fruit or vegetable. However, it must be 100% juice.

16. What if I participate in an activity not listed on the Wellpoints Opportunities list; can I still get points?

If you want to receive Wellness points for an activity not listed, you must get prior approval from the Wellness Coordinator.

17. Where can I get information about the programs at Sandy Creek Park and Lyndon House?

You may get a program and events guide from UGACC Leisure Services.

18. Who is eligible for Wellness Points Program?

All employees are eligible. If you are a full-time employee and do not receive insurance from ACC or you have free health insurance, you can earn two days off by participating. If you are full-time and do have insurance, you receive an insurance rate reduction. If you are part-time or a retiree, you can still participate and earn the incentive prizes given per quarter for reaching a certain number of points.

19. Would the Wellness Fair from April 2009 count in this current FY '10 Fiscal year?

No. It would have counted for FY '09.

20. Do I need to print and send a copy of my completed Health Risk Assessment to the Wellness Coordinator?

No. The HRA completed online can be reviewed by the Wellness Coordinator on the internet.

WELLNESS TIER PROGRAM QUESTIONS:

21. How do I know if I am in the Wellness Tier Program?

You would have signed a Tier Agreement Form at open enrollment and see the words "Wellness Rate" prior to your insurance rate deduction on your paycheck.

22. Do I qualify for the Tier Program benefit?

Yes, unless you were hired before July 1, 2002 and have employee only insurance benefits, opted out of our insurance plan, **or** are part time with ACC.

23. Who is eligible for the Tier Program benefit?

Full time employees who elected to be a part of the Wellness Program during Open Enrollment or as a new employee within this fiscal year are eligible for the benefit.