



## ACC Wellness-Tier Log

Print Name: \_\_\_\_\_ Last four SSN: \_\_\_\_\_

Department: \_\_\_\_\_ Division: \_\_\_\_\_

### Report Activities:

Date of Educational Activity: \_\_\_\_\_

Describe/Name Activity: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### WELLNESS TIER REQUIREMENTS:

- Complete a Health Risk Assessment (HRA) form
- Blood work (minimum of lipid panel and glucose)
- One educational activity from the list below, or other pre-approved option

#### Educational Activity Options (suggestions)

1. Wellness Fair
2. Healthy Hour
3. Wellness Class
4. BCBS online program
5. Meet with Health Educator to review HRA report

### Note: DEADLINES TO COMPLETE ACTIVITIES:

- August 1, 2008: Complete HRA, blood work; sign Wellness Tier Agreement form
- December 20, 2008: Complete one (1) Educational Activity or one (1) Behavior Activity
- April 20, 2009: Complete one (1) Educational Activity or one (1) Behavior Activity

Failure to complete the first activity by December 20th will result in the insurance premium reverting back to the regular rate as of January 1, 2009. Failure to complete the second activity by April 20th will result in the insurance premium reverting back to the regular rates as of May 1, 2009.