

2022 Wellness Incentives

The ISAC Wellness Program will run between January 1, 2022 and October 31, 2022.

ISAC Incentives- An insured employee of the Group Health Program may earn up to a \$200 incentive, of which \$125 will be paid through payroll in December and reimbursed by ISAC. The other \$75 will come from Reliance Standard as part of the accident insurance.

- \$75.00 self-report physical/preventative exam **(No longer need to have a form completed)** – Date of exams will be cross-checked through Wellmark's claims data **(This will be reimbursed through the ISAC Accident Plan)**
- \$25.00 Completion of the Online Assessment
- Up to \$100 by completing an activity under 4 different wellness pillars

County Incentives – The Board has approved to add additional money to encourage participation to attain the 5% Wellness discount towards health insurance premiums.

- \$25.00 Completion of the Online Assessment
- \$75.00 Self-report physical/preventative exam

You could earn a total of **\$300** (less taxes) for completion of Online Assessment, Physical, and completion of four Wellness Pillars.

Savings – Participation in Wellness saves the County and ultimately taxpayer's money. The savings for this last year was **\$76,060.20**.

Please Note - There was a change for reporting your physical, when you sign in to your Wellbeing Portal you will now click on complete this to enter your physical date - **(No longer need a form)** -**If you choose to participate in the programs that we offer, you will get a certificate upon completion and you will need to upload this certificate in your Wellbeing Portal to receive credit for the pillar.**

The Wellness Committee

Create an Account

1. Visit isac.livehealthyignite.com
2. Select **JOIN NOW** and follow the on screen prompts.

Returning User

If you are a returning user, enter your username and password.

Your Resources

Better health is the gift that keeps on giving. Go beyond the program requirements and use your wellness portal all year long to focus on your physical, mental and emotional health.

- Download the Navigate Wellbeing app.
- Participate in personal wellbeing challenges.
- Browse recipes, videos and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information and more!

You can now find Wellness information at www.pocahontascounty.iowa.gov, at the bottom of the page click Employee Access – then click Wellness. Here you will find the link for the ISAC Wellbeing Portal, any challenge or program information and the 2022 Wellness Program information. We will continue to add information throughout the year; this is another resource for your Wellness information.