

2008 Incentive Program

The DMBA Board of Directors has approved a new Wellness Incentive Program for 2008. All premium-paying full-time employees covered by DMBA or Altius Insurance who participate in the BYU Wellness Program will now be eligible for up to \$200 cash back at the end of the year.

All non-premium-paying full-time and part-time employees, spouses, and retirees are invited to participate and can receive the prize incentive, but are not eligible to receive the cash incentive.

Date	Enrollment Criteria	DMBA/Altius Cash Incentive	BYU Wellness Prize Incentive
At least once during 2008	Complete the online Personal Health Assessment (PHA). (The link is found on the Wellness website) <i>All biometric information must be completed in order to count.</i>	\$50	

Month	Challenge*	Exercise Focus	Other Health Focus	DMBA/Altius Cash Incentive	BYU Wellness Prize Incentive
Jan-Feb	The Amazing Race	Exercise Consistency and Stabilization	Healthy Eating Habits	\$25	Complete these two challenges and choose a prize from the Wellness store
Mar-Apr	Topping the Seven Summits	Aerobic (your choice)	Food Guide Pyramid	\$25	
May-June	Trek to Zion (Team Challenge)	Pedometer Challenge	Water and Self-Improvement	\$25	Complete these two challenges and choose a prize from the Wellness store
July-Aug	2008 Olympics	Cross Training	Fruits and Vegetables	\$25	
Sept-Oct	Boarding the Ark	Aerobic (your choice)	Becoming Prepared (six areas of wellness)	\$25	Complete these two challenges and choose a prize from the Wellness store
Nov-Dec	Lean Santa	Weight Maintenance	Weight Maintenance	\$25	

Completing the Y-Be-Fit program can take the place of two health challenges. <i>Y-Be-Fit is a personalized program addressing participants' specific health needs and concerns. Participants must complete an initial evaluation, a review (including goal setting), and seven follow-up visits in order to qualify for the 2008 Incentive Program. (DMBA will only pay for this once every three years)</i>	Can replace or make up \$50 <i>For an appointment or for more information, contact Y-Be-Fit at 422-4494.</i>
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Total Possible 2008 DMBA/Altius Cash Back Incentive	\$200	Payable in Jan/Feb 2009
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**If your health prevents you from participating in any of these challenges you may call the BYU Wellness program and set up an individualized program.*