

Wellness Initiative

Checklist

The City of Mount Dora is committed to enhancing the health and well-being of our employees and understands the importance of making healthy choices that lead to a healthy lifestyle. As part of this commitment, we have redesigned our wellness initiative to incorporate some metrics that must be met to be eligible for the 8 hours off that we have all become accustomed to. The following checklist will outline the requirements.

Employees can earn 8 hours per fiscal year by completing the assignments below (Section I, 2 from section II, and 3 from section III) from the following checklist. Checklists should be turned into the HR department with applicable proof of completion by August 31st. Hours will be added to employee's wellness leave bank on October 1 and will expire on September 30 of each year.

HRA! Health Risk Assessment (REQUIRED)

- ☐ 1. HRA blood draw with follow up consultation

Preventative Screening Examinations (must complete 2 from this list)

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| <input type="checkbox"/> 1. Vision Exam | <input type="checkbox"/> 5. Skin Cancer Exam |
| <input type="checkbox"/> 2. Dental Exam | <input type="checkbox"/> 6. Bone Mineral Density |
| <input type="checkbox"/> 3. Mammogram/Pap Smear | <input type="checkbox"/> 7. Annual Flu Vaccine |
| <input type="checkbox"/> 4. Prostate or PSA Exam | <input type="checkbox"/> 8. Colonoscopy |

Lifestyle change (must complete 3 from this list)

- ☐ 1. Complete online coaching program (ex. Weight management, stress management, nutrition, tobacco cessation)
- ☐ 2. Attend 2 lunch and learn sessions
- ☐ 3. Participate in community walk/run/race
- ☐ 4. Visit gym 12 times in 3 month period
- ☐ 5. Participate in 1 wellness challenge sponsored by HR
- ☐ 6. Complete 2 wellness webinars through the Premise Health, Florida Blue, AETNA, SageView, or Empower
- ☐ 7. Achieve personal Health goal by working with Wellness Health Center