

2012

ChooseWell

Incentive Scorecard

It's your choice!

Pick from the following menu options to earn your personal and financial rewards. When you achieve 100 points, you are eligible for a \$150 deposit into your Health Care Reimbursement Account in 2013.*

<input type="checkbox"/>	50 pts	Attend health fair or have exam from personal HCP and release data to KC Wellness
<input type="checkbox"/>	50 pts	Enroll in Quit for Life and complete program
<input type="checkbox"/>	50 pts	Stop using tobacco using any other tobacco cessation method
<input type="checkbox"/>	25 pts	Reduce body weight by 5% www.cdc.gov/healthyweight/losing_weight/index.html
<input type="checkbox"/>	25 pts	Perform moderate intensity aerobic activity (e.g., brisk walking) 2.5 hours/week
<input type="checkbox"/>	25 pts	Perform muscle-strengthening activities 2 or more days/week
<input type="checkbox"/>	25 pts	Average 10,000 steps/day for 6 weeks
<input type="checkbox"/>	25 pts	Work out with family/another employee at least 2 times/week
<input type="checkbox"/>	20 pts	Get a flu shot
<input type="checkbox"/>	20 pts	Participate in local Choosewell Matching Grant initiative
<input type="checkbox"/>	20 pts	Complete Anthem online health risk appraisal
<input type="checkbox"/>	10 pts	Drink 64 oz. of water a day
<input type="checkbox"/>	10 pts	Perform stretching exercises for minimum of 10 minutes, 5 days/week
<input type="checkbox"/>	10 pts	Share your health goal success story through a <i>News Transmission</i> story

Total Points (must total at least 100!)

Visit www.lge-ku.com/wellness/ for more details.

Scorecard points will be self-reported during Open Enrollment 2012. Do not submit this card to Corp. Health and Safety.



PPL companies