



SCCSIG

2017 Wellness Program Framework and Budget



SCCSIG “Wellness Everyday” Proposed Program Framework - 2017			
Program Components	Details	Timeframe	Participation Incentive
Onsite Fitness Classes	<ul style="list-style-type: none"> Onsite Fitness Classes offered at SCCSIG school district locations. 	January-December 2017	<ul style="list-style-type: none"> Raffle (Fitbit’s, Gift Cards) at initial class to encourage program participation.
Health Trails	<ul style="list-style-type: none"> Physical Activity, Produce, and Water Consumption 6 week Challenge 	February-March 2017	<ul style="list-style-type: none"> Each participant who successfully logs 300 miles is awarded a Fitbit or \$100 Gift Card. Tiered team competition for a \$250, \$150, \$100 Gift Card.
Walking Works	<ul style="list-style-type: none"> Physical Activity Challenge 	April-May 2017	<ul style="list-style-type: none"> Participants who log 200 miles will be entered into a raffle for a bicycle, activity trackers, and gift cards.
Rest and Revive	<ul style="list-style-type: none"> 6 week email campaign which encourages participants to reach 7-8 of sleep each night. 	June-July 2017	<ul style="list-style-type: none"> Participants who complete the survey will be entered into a raffle for a Trek bicycle, activity trackers, and gift cards.
USPSTF Form	<ul style="list-style-type: none"> All SCCSIG Eligible Employees are encouraged to complete a USPSTF Form with their PCP 	August-September 2017	<ul style="list-style-type: none"> Participants who completes a USPTF Form with their PCP will receive a \$50 Gift Card.
Health Assessment	<ul style="list-style-type: none"> All SCCSIG Eligible Employees are encouraged to complete a Health Assessment through their Carriers (Anthem or Kaiser) Website 	September-October 2017	<ul style="list-style-type: none"> Participants who complete a health assessment will receive a \$25 gift card
Health Trails	<ul style="list-style-type: none"> Physical Activity, Whole Grains, and Stress Relief 6 week Challenge 	September-October 2017	<ul style="list-style-type: none"> Participants who successfully logs 300 miles is awarded a Fitbit or \$100 Gift Card. Tiered team competition for a \$250, \$150, \$100 Gift Card.
Maintain Don’t Gain Holiday Weight Management Challenge	<ul style="list-style-type: none"> 8 week Holiday Weight Management Challenge encouraging participants to maintain their weight over the holidays. 	November – December 2017	<ul style="list-style-type: none"> Participants who complete the end of challenge survey are entered into raffle for a Trek bicycle, activity trackers, and gift cards.
Online Wellness Resources	<ul style="list-style-type: none"> Personal health and wellness portal Healthy lifestyle program modules Health/fitness tools, trackers, planners 	Ongoing	
24-Hour Nurse Line	<ul style="list-style-type: none"> Toll-free 24/7 telephonic health consultation 	Ongoing	

Milpitas: 2015 & 2016 Program Participation Numbers

Activity	Timeframe	# of Participants	Rewards
Health Trails Challenge	Nov/Dec 2015	156	78 (35 Fitbits, 43 \$100 Gift Cards)
*Walking Works Challenge	Feb/Mar 2016	334	Raffle
Health Trails Challenge	Apr/May 2016	125	109 (13 Fitbits, 96 \$100 Gift Cards)
Health Trails Challenge	Sept/Oct 2016	132	Raffle – Sunnyvale Team (Running with Standards) \$150 Gift Card
Onsite Fitness Classes (Milpitas – Zumba)	January - March 2017	6-25 participants per class	

*Not Milpitas specific participation totals (All of SCCSIG)

Milpitas: 2016 Biometric Screening Participation Numbers

Date	Location	Number of Participants	Rewards (\$50 Gift Card)
August 8, 2016	Milpitas High School	91	91
September 21, 2016	Sinnott Elementary	50	50
October 26, 2016	District Office	56	56
Total		197	197

SCCSIG 2014 & 2016 Biometric Screening Data Comparison

