



2021



Human Resources Department

972.230.9602

2021 Program dates:

October 1, 2020 through September 30, 2021

2021 Wellness Log

This log was created for you to track and verify the points needed to earn the wellness incentives. The 2021 Wellness Log will run from October 2020 to September 30, 2021. All participants and covered spouses, if any, will need to have an annual physical with bloodwork or take a biometric test as well as complete the online risk assessment in order to be eligible.

Participants accumulate 200 points to earn a Wellness Day Off and 200 additional points (400 total or more) to earn a financial incentive.

The points system is designed to encourage you to participate in a variety of activities. Your wellness log must be stamped or verified in order to earn points. Take your book to each city-sponsored event or to Human Resources so you will receive points when you complete each program or event. If you work out at a gym, you will need to track your workouts of at least 30 minutes showing the dates.

Wellness points earned cannot be verified if your log is misplaced.

Log books need to be turned in no later than September 30, 2021 to be reviewed for completeness. You may turn in completed books prior to the due date and once the books are turned in to HR your point accumulation for the year will stop.

Name _____

Department _____

Work Phone _____

Mobile Phone _____

Wellness Log Summary

Name _____

Department _____

Activity

Preventive Health Care	
Lunch and Learns	
DeSoto Community Projects	
BMI Maintenance or Reduction	
Fun Walk/Run/Bike Ride Events	
Wellness Challenges	
Exercise/Gym/Recreation Center Use	
Grand Totals	

This page is for HR use only

Table of Contents

Preventive Health Care	4
Lunch and Learns	5
DeSoto Community Projects	6
BMI Maintenance or Reduction	7
Fun Run/Walk/Ride Events	8
Wellness Challenges	9
Walk Across Texas 830 mile Challenge	10-11
Exercise/Gym/Recreation Center Use	12-13
Wellness Log Summary	15

Preventive Health Care

Preventive health care helps you understand your body better. Completing your annual preventive care assessment increases your chances of maintaining good health and early detection of health problems.

Mandatory Items

Healthcare Measure	Employee	Spouse	Verified
Annual Physical Exam			
Online Health Risk Assessment			

Preventive Items

Health Care Measure	Points	Verified
Flu Shot	20	
Colonoscopy or other Cancer Screening**	20	
Dental Exam	10	
Health Fair	10	

Blood Pressure Improvement (6 Months)*	200	
Cholesterol Improvement (6 Months)*	200	
Tobacco Cessation (6 Months)*	200	

* These items must be recorded and verified with a letter from your physician
 ** Mammogram, skin cancer, PSA or other similar cancer screening

Total Points _____

July/August

September/October

November/December

Jan./Feb. _____

July/Aug. _____

Mar./Apr. _____

Sept./Oct. _____

May/June _____

Nov./Dec. _____

Totals _____

No Maximum 13

Gym/ Exercise Groups

This category is to encourage employees to increase their level of physical activity. Exercise must be at least 30 minutes in duration. Employees can accumulate 5 points per workout. There is no limit. Only workout dates are required.

January/February

March/April

May/June

It's Time Texas participation will double the workout points earned during the program. Print off the screenshot of the workout log and bring to HR to earn the double points.

Lunch and Learns

These monthly sessions cover wellness topics and other areas of interest to employees utilizing local organizations.

Lunch and Learns are worth 5 points each (Maximum 60 points)

Month Verified

January	
February	
March	
April	
May	
June	

Month Verified

July	
August	
September	

Total Points _____

DeSoto Community Projects

This category includes DeSoto community projects in which an employee's participation can be documented by the event organizer. Employees can accumulate a maximum of 56 points.

DeSoto Community Projects: 7 points per event

One Stamp or Initial Per Box			

Total Points _____ **Verified** _____

(Maximum total of 56 points for DeSoto Community Projects)

Examples:

Litter Control

Teen Expo Volunteer

Community Blood Drive

See City of DeSoto website for other opportunities

July/August

September/October

November/December

Jan./Feb. _____

July/Aug. _____

Mar./Apr. _____

Sept./Oct. _____

May/June _____

Nov./Dec. _____

Totals _____

11

Walk Across Texas — 830 Mile Challenge

This category is to encourage employees to increase their level of physical activity. Employees log their walking, running, cycling distances from each workout. Both workout dates and distances are required. Those employees who can accumulate 830 miles in a year will earn 150 points.

January/February

March/April

May/June

Body Mass Index (BMI) reduction or maintenance

One key health measure is a person's Body Mass Index. If individuals are over their normal BMI, there is an increased risk for chronic health conditions to occur.

The goal of this challenge is to reduce unhealthy BMI numbers or maintain a healthy range BMI for a year. The measure is based upon the website below and calculated by Human Resources using your height and weight as determined in the HR office twice a year. The first calculation will be in October to determine a starting number and the following September to determine the ending number.

https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/

Height _____ FT _____ Inches
 Starting Weight _____ Starting BMI _____
 Ending Weight _____ Ending BMI _____
 Annual Change _____
 Normal Range BMI between _____ to _____

End of year status and points:

Normal Range 100 points

Improvement of over 5 percent BMI 50 points

Fun Run/Walk/Ride Events

This category also includes community sport events in which an employee’s participation can be documented either by an entry confirmation or finisher certificate. Maximum 250 points.

Fun Walk/Run Events (5K minimum runs, bike rides to 20 miles): 20 points per event

Runs 10K to half marathon (13.1 miles), bike rides over 20 miles to 50 miles: 30 points per event

Runs over 13.1 miles, bike rides over 50 miles: 40 points per event

Event	Date	Distance	Points/ Verified

Total Points _____

Wellness Challenges

Maintain Don’t Gain

- Designed to encourage employees to maintain their weight over the holidays
- Begins with a private weigh-in and continues with challenges such as tracking water consumption and healthy recipe submissions that are rewarded with prizes
- Points also awarded for maintaining weight and losing weight over the holidays

50 Points — Maintain your weight

75 Points — Lose weight

10 Points — Participate in the challenge

Walk Across Texas—830 Mile Year long Challenge

- Designed to encourage employees to increase their physical activity over and above their normal daily routines
- Begin tracking your distance using various devices or phone apps.(Runkeeper, Endomondo, Map My Run, Apple Watch, etc.)
- Logs can be reviewed with HR on a monthly or other timely basis so as to not wait to the end to verify distances

150 points

Activity	HR Verification
Maintain Don’t Gain	
Walk Across Texas	