



## 2010–11 Step It Up! Program Incentives

<b>Health Risk Assessment (HRA)</b> For employees who complete an HRA at Health Net's or Kaiser Permanente's website between October 1 – 31, 2010*.	<b>\$75 reward card</b>
<b>Step It Up! Events</b> Drawing among employees who attend a Step It Up! event**. 1–3 drawings per carrier (Health Net and Kaiser Permanente) based on total participation <ul style="list-style-type: none"><li>• 1– 49 participants, one winner (per carrier)</li><li>• 50–99 participants, two winners (per carrier)</li><li>• 100+ participants, three winners (per carrier)</li></ul>	<b>\$100 reward card</b>
<b>Steps to Success</b> Monthly drawing among employees who complete a challenge* Four winners will be selected every month starting October 2010: <ul style="list-style-type: none"><li>• Two among Health Net members</li><li>• Two among Kaiser Permanente members</li></ul> Participants will only be eligible to win one \$100 Reward Card during the 2010–11 Campaign, which ends July 29, 2011.	<b>\$100 reward card</b>
<b>Smoking Cessation Program</b> For employees and covered dependents who complete a smoking cessation (behavioral) program between September 1, 2010 and July 30, 2011***.	<b>\$100 reward card</b>
<b>Final drawing*</b> in August 2011 among employees who completed/attended at least three of the following during the 2010–11 wellness campaign: <ul style="list-style-type: none"><li>• HRA</li><li>• Step It Up! event</li><li>• Steps to Success challenge</li><li>• Worksite wellness class</li></ul> Eight winners will be selected: <ul style="list-style-type: none"><li>• Four among Health Net members</li><li>• Four among Kaiser Permanente members</li></ul>	<b>\$250 reward card</b>

\* Only employees enrolled in a County-sponsored medical plan are eligible to receive the reward. Dependents may participate, but are not eligible for the reward.

\*\*Employees waiving and opting out are also eligible to for the drawing.

\*\*\*Only employees and dependents enrolled in a County sponsored medical plan are eligible to receive the reward.