



# Commit to Be FIT!



One day at a time...  
One step at a time...  
One meal at a time...

## 2012-2013 Wellness Campaign Incentives

Activity	Timeframe	Incentive
<p><b>Wellness Expo</b> Each employee that attends a Wellness Expo will be entered into a raffle to win \$100.</p> <p>Two winners among Blue Shield members and two winners among Kaiser Permanente members per Expo (Ontario and Yucca Valley will have one winner per plan)</p>	September 2012	\$100 Reward Card Raffle
<p><b>Health Assessment</b> Each employee that completes an online Health Assessment through Blue Shield or Kaiser Permanente's website will be eligible for the incentive.</p>	October 1, 2012 – January 11, 2013	\$100 Reward Card
<p><b>Steps to Success</b> Each employee that completes a Steps to Success challenge will earn a FitBit.</p> <p>Participants will only be able to earn one FitBit between September 1, 2012 and May 31, 2013.</p>	September 1, 2012 – May 31, 2013	FitBit
<p><b>Online Health Improvement Program</b> Each employee that completes an online program through Blue Shield or Kaiser Permanente will earn one reward card per class.</p> <p>Participants will only be eligible to earn a maximum of \$75.</p>	<p>Kaiser: October 1, 2012 – January 11, 2013</p> <p>Blue Shield: October 1, 2012 – March 15, 2013</p>	\$25 Reward Card
<p><b>Telephonic Coaching</b> Each employee that completes at least one Telephonic Coaching session after registration through Blue Shield or Kaiser Permanente will earn a \$25 Reward Card.</p>	<p>Kaiser: October 1, 2012 – January 11, 2013</p> <p>Blue Shield: October 1, 2012 – March 15, 2013</p>	\$25 Reward Card

**Note:** Only employees enrolled in a County-sponsored medical plan are eligible to receive rewards. All incentives are subject to availability.

**For More Information**

- Visit the EBSD website at <http://mybenefitsatwork> (click on "My Wellness")
- Contact the Employee Benefits and Services Division (EBSD) at [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov) or via phone at 909-387-5787
- Contact your Department Wellness Advocate. Click [here](#) to view the directory