

Shape It Up El Paso! GOAL SHEET



Name: _____

Kronos: _____ Date: _____

**Please take this sheet to your biometric screening so that City H2U Wellness Clinic Staff may evaluate criteria with you directly. This form is for the employees.*

HEALTH VALUE	REIMBURSEMENT CRITERIA	MET CRITERIA
Tobacco Use	Not a tobacco user	
Body fat %	< or = 34% (women) < or = 22% (men)	
Systolic BP	< or = 130	
Diastolic BP	< or = 85	
Waist Measurement	< 35in (women) < 40in (men)	
Cholesterol/HDL Ratio	< or = 4.5 (women) < or = 5.0 (men)	
LDL(Bad Cholesterol)	< or = 130	
Triglycerides	< 150 mg/dl	
Fasting Glucose	<110 mg/dl	
Number of Criteria Met:		

Based on the Shape It Up! Goal Sheet, if you achieve 6, 7 or 8 of the Health Value criteria, accumulate 200 wellness points AND you are not a tobacco user, you will receive an additional monthly \$50, \$100, or \$150 in your paycheck for the Biometric Incentive.

200 Wellness Point Accumulation based on Shape It Up El Paso Goal Sheet Examples

Log may be picked up at HR-Benefits Office or posted at:

<http://www.elpasotexas.gov/benefits-and-risk-management/benefit-services/wellness-program>

Preventive Healthcare: There is a maximum of 75 points available from preventive healthcare.

Flu Shot – 10 pts	Annual Physical Exam – 10 pts	Colonoscopy or other cancer screenings – 10 pts
Dental Exam – 5 pts	Biometric Screening: 10 pts	Successful Biometric Screening – 10 pts
Health Fairs – 10 pts	Safety Fairs – 10 pts	Aetna HRA completed or updated – 5 pts

City Wellness Education Dates, safety courses, and Parks and Recreation Activities: 3-10 points per class with a max of 72 pts.

Fun Walk / Run: 5 points per event with a max of 35 points

Trail leader Events / Get Active Challenges: 10 points per event with a max of 60 points and additional 3 points on Get Active Challenges for top three teams

Weight Loss / Maintenance programs: 3 points per lbs. lost with a max of 100 points and 20 points for maintaining weight

El Paso Community Projects: 7 points per project with a max of 56 points