

STSIG Wellness Incentive Tracker for activities from November 1, 2021 to October 31, 2022

Employee Name _____ (Please Print Clearly) _____ Employee Incentive form _____ Spouse Incentive form _____
 Spouse Name _____ Spouse must use a separate form for their incentive activities
 District _____
(Do not attach documents with personal health information on it)

Wellness Exam / BMI

Physician's Name _____
 Address _____
 Phone _____
 Date Exam was completed _____

* To be eligible for the BMI and BP incentive below, BMI must be 29.9 or less, BP 130/85 or less.
 *Body Mass Index within range: Yes or No
 *Blood Pressure within range: Yes or No
 Health Care Provider's Signature: _____

The wellness exam and the BMI/BP count as separate incentives. If you do both at the same visit you earn 2 incentives and only need one more activity.

You may turn this form as you complete incentives listed or you can wait and turn it in when all three incentives are met.

Activity Options

_____ Flu Shot between Sept. 1 and Oct 31st.
 _____ Covid-19 test, anti-body test, vaccine
 Health Care Provider's Signature: _____
 _____ Mammogram
 Health Care Provider's Signature: _____
 _____ Colonoscopy
 Health Care Provider's Signature: _____
 _____ Bone Density Screening
 Health Care Provider's Signature: _____
 _____ Annual Vision Screening
 Health Care Provider's Signature: _____
 _____ Two Dental Cleanings
 Health Care Provider's Signature: _____

Activity Options Cont.

_____ Health Fair: STSIG will record attendance
 _____ FitThumb 400 points—STSIG will record points
 _____ Attend an In-person or Virtual Open Enrollment Meeting
 Date: _____

_____ Attend JPA Approved Health Seminar:
 Date of Seminar _____
 Event Name _____
 Instructor's Signature: _____

_____ Participation in an Approved STSIG or District Health Challenge.
 Date of Event _____
 Challenge Name _____
 District Human Resource's Signature: _____

Please return this completed form to lggrant@stsig.org or fax to 530-221-6225 by October 31, 2022. If you have any questions call 530-221-6444