



Wellness 2015/2016

Rogers Townsend will continue the Pura Salud Wellness quarterly activities for the upcoming 2015/2016 benefit year. By participating in our wellness competitions or the reasonable alternatives, employees can gain points to increase their benefit earnings given by the firm on a quarterly basis.

Our first quarterly event for the 2015/2016 benefit year will begin on July 6th, 2015. Rules can be found on the next page. The website will be updated each week with the top 10 teams/individuals. You MUST complete a log each week (6 total) in order to earn the required points for the maximum benefit earning. If you complete all 6 logs, you will be awarded 3 points. This will give you the maximum benefit earning for the quarter. This is also the minimum number per quarter. If you sign up and do not complete the challenge, your benefit earning will be reduced the following quarter (October 1st). If you do not sign up, do not complete a log and do not participate in the reasonable alternatives, your benefit earning will be automatically reduced to \$176.63.

If you are not taking part in the challenge this quarter, you can earn points during the quarter by participating in reasonable alternatives listed below. Each activity has a point total next to it that when added up to 3 points, will put you in qualification for the increased benefit earning.

The goal for each employee is to reach 12 points in the 2015/2016 plan year. The maximum per quarter will be 3 points. By reaching 12 points, this will automatically grant you the increased benefit earning for the 2016/2017 plan year. You will continue to receive these additional earnings yearly by earning 12 points per year.

Q1=Activity Competition

Q2=Health Fair

Q3=TBA

Q4=TBA

Physical Activity Competition Rules (Q1)

1. This is a 6 week physical activity challenge starting on July 6th, 2015 and ending August 16th, 2015. The start date to sign up is June 15th, 2015.
2. First log is due on July 14th by 5 pm. Last log is due August 18th by 5 pm.
3. You must participate in all 6 weeks of activity to qualify for the final prizes (logs turned in on time).
4. Weeks run from Monday to Sunday night (12 midnight).
5. You must submit your activity log by 5PM on Tuesday to get credit for the previous week. You will submit your activity log to wellness@clarkebenefits.com. NO activity logs will be accepted late.
6. Participants can elect to participate on a team (maximum of three members) or individually.
7. Participants can only be on one team.
8. Only RT employees are eligible to participate and win prizes.
9. Once the challenge begins you cannot add or switch team members.
10. The top 2 teams and the top 2 individuals with the highest logged points will win a prize.

*Completion of this challenge will satisfy your 3 points for Q1 and qualify you for the higher benefit earning.

Point System:

3 points for each of the activities listed (must be done for a minimum of 30 minutes): running, riding bike, elliptical, stairs, swimming, exercise classes (Zumba, etc.), exercising at the gym/home gym.

2 points for each of the activities listed (must be done for a minimum of 30 minutes): any road race (walk or run) in your area, participation in any service event/volunteering within the community (please use honest discretion with this-volunteering at a child's swim meet would not count), any unordinary exercising (hiking, kayaking, etc) within reason.

1 point for each of the activities listed (must be done for a minimum of 30 minutes): attending any healthy eating/cooking classes or Pura Salud lunch-n-learns provided by RT, event of the weekend (each week an event will be posted on the Pura Salud site detailing an event in Columbia, Charlotte, Greenville, and Charleston-attendance will earn you a point).

Reasonable Alternatives

If not participating in the quarterly activity, employees of Rogers Townsend can earn up to 3 points during the specific quarter by doing any of the below activities to add up to 3 points to qualify for the higher benefit earnings for the following quarter. To get credit for these alternatives, logs and documentation must be sent to wellness@clarkebenefits.com in order for it to be counted.

1. Keep a nutrition log (1 point)
2. Keep a blood pressure log (1 point)
3. Enroll in a BlueChoice Great Expectations for Health Diabetes Program, High Blood Pressure program, High Cholesterol, Men's Health, Women's Health, Weight Management, or Back Program (3 points) New enrollees only
4. Have an annual physical/OB exam (1 point)
5. Receive a Mammogram (1 point)
6. Get a Colonoscopy (1 point)
7. Get a dental check-up (1 point)
8. Keep an exercise log (1 point)
9. Blood Pressure screening at RT blood pressure day in the Fall (1 point)
10. Shopping at any local market such as the farmer's market for fresh produce (1 point)
11. Gardening or yard work log (1 point)

**Listen to your body. If you feel weak, dizzy, short of breath, or have chest pain stop activity immediately. You should seek medical attention.

