

# 2018 Wellness/Tobacco Activities

1

- Attend an on-site health screening OR
- Submit a Physician Screening Form

2

- Complete the Bravo Online Health Risk Assessment

3

- Achieve the desired range on three of five biometric outcomes
- Screening metrics (same as 2017)

4

- Complete Tobacco Declaration on JOCO Employee SSHR
- If tobacco user, complete Tria Health S.T.O.P. tobacco cessation program.

## Incentives

Employee and  
Employee &  
Spouse: \$60  
Spouse Only:  
\$35  
Tobacco \$35