



# Incentive for Wellness: A Cost Effective Approach

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“Do not let what you cannot do, interfere with what you can do.”  
-John Wooden



# 2 Types of Incentives







# Time off









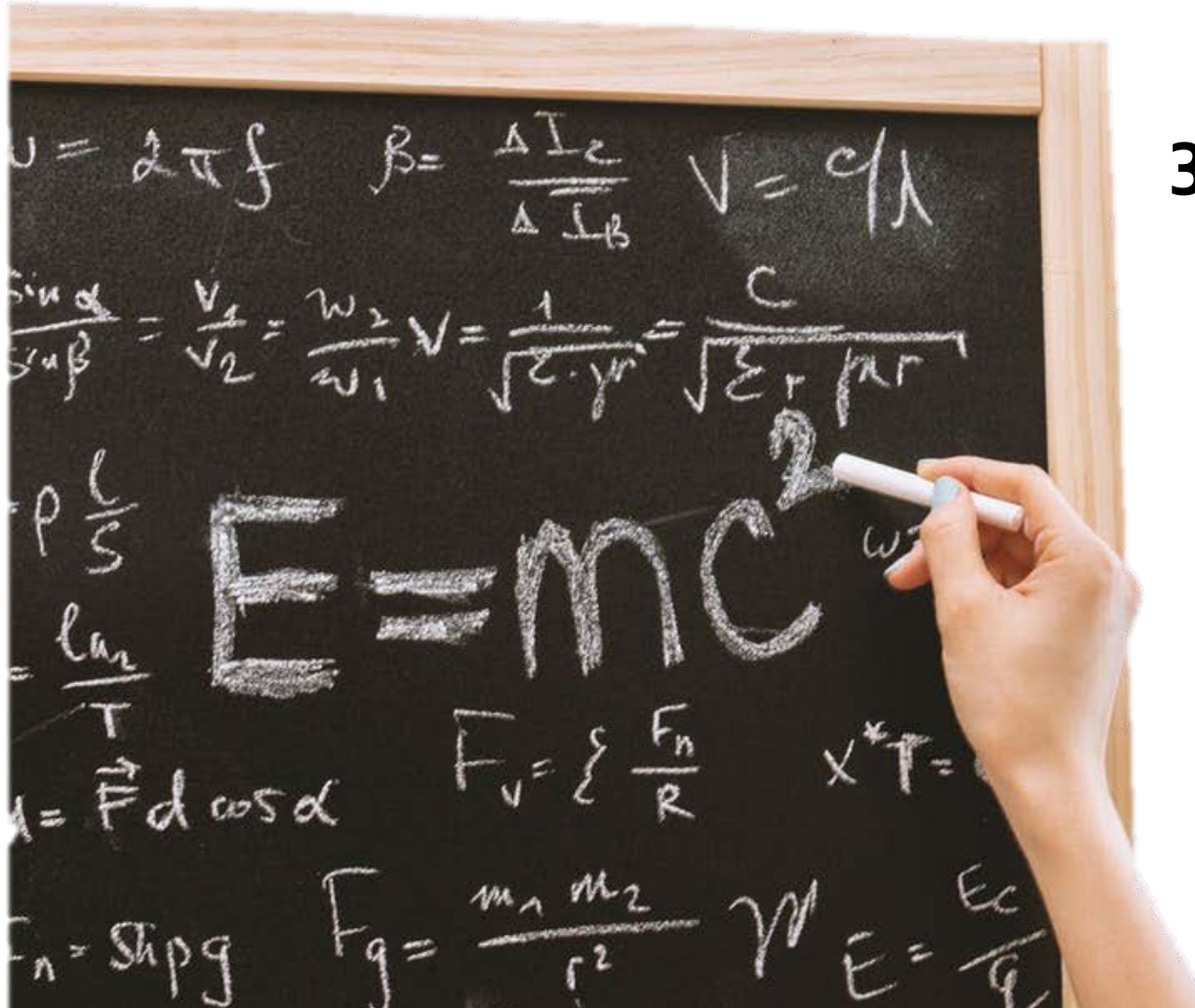


[Our Website](#)

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# The math



**3 tickets = 2 hours**

**3 tickets/\$5**

**16 hours max**

**\$500/400 people**



# Easy to maintain



# Scalable



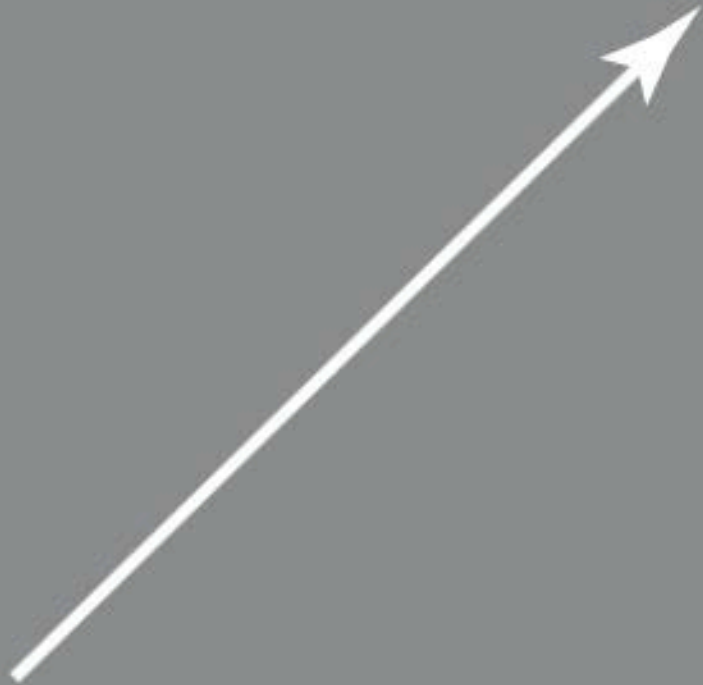
All participation is rewarded



# Economical

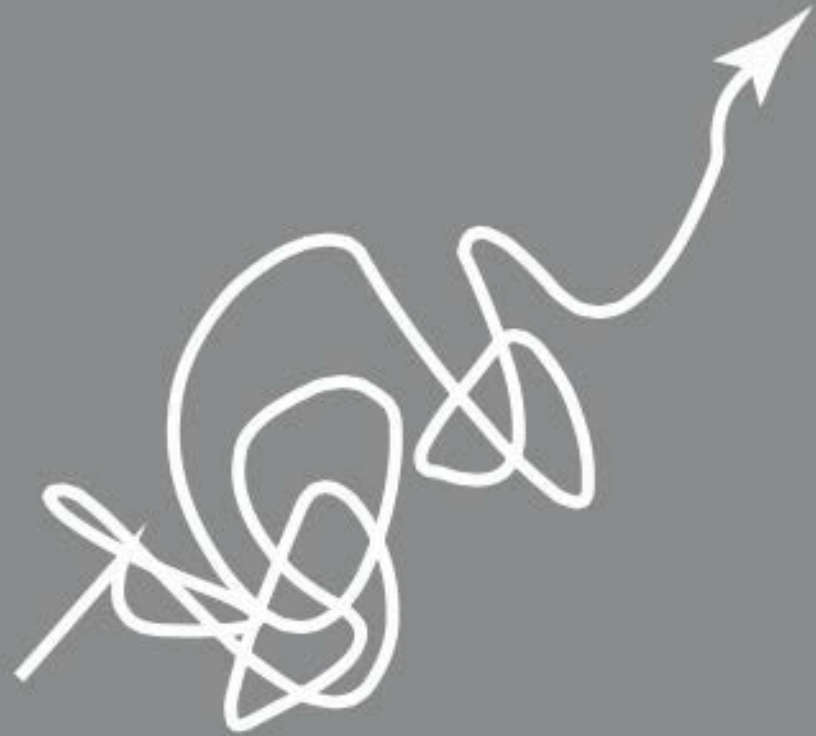


**SUCCESS**



What people  
think it  
looks like

**SUCCESS**



What it  
really  
looks like

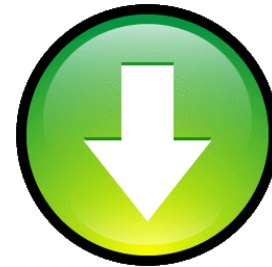








Attendance  
Retention  
Efficiency  
Recruiting



Presenteeism  
Employee Turnover  
Training Costs

## FY2020 Wellness Program

Month	Event	Incentive
August 2019	Speaker- Ergonomics- Curt Glover	1 ticket
September 2019	Flu Shot Clinic	1 ticket 1 ticket
October 2019	Biometric Screenings Texas Walks! (15 minute council walk)	2 tickets 1 ticket
November 2019	Speaker- "Beyond Advance Directives"- Medical Power of Attorney, Advanced Directives, Hospice, and more.	1 ticket
December 2019	Off for holidays	
January 2020	Speaker- \$\$- "Momentum and Muscle"- how to reduce muscle loss as you age (Mark Brown- Body Business Fitness) Get Fit Texas (Jan-Mar) 1st Place Division 2nd Place Division Kickoff Walk for Get Fit	1 ticket  4 hours wellness leave 2 wellness tickets 1 wellness ticket 1 wellness ticket
February 2020	Speaker- \$\$- "Intuitive Eating"- creating a healthy relationship with food.	1 ticket
March 2020	Speaker- Women's Health (People's Pharmacy)	1 ticket
April 2020	Speaker- "Financial Footsteps"- Financial Planning for Millennials and Gen-Z (MetLife), 2-part series	1 ticket/class attended
May 2020	Mental Illness in the Workplace	1 ticket
June 2020	CPA Wellness Fair	2 hours wellness leave
July 2020	Hydration Challenge w/ Speaker	1 ticket for challenge 1 ticket for speaker
August 2020	Speaker- "Sandwich Generation"- caretaking kids and parents at the same time (Alliance Work Partners)	1 ticket

\$\$- Fee associated with speaker

WHERE  
TO  
START  
?

What?

So What?

(What important things have you discovered today?)

What If?

(What are you interested in trying?)

Now What?

(What are your next steps?)