

Be Alive Bonus Point Opportunities

In an effort to provide a wider spectrum of opportunities for Be Alive participants to earn points, two NEW opportunities to earn bonus points have been added for the 2018-2019 school year, which are outlined below.

Two ways to earn bonus points:

- **Know Your Numbers:** Know your numbers to know your current health status, then be sure to do something about it! Earn points by completing a biometric screening and taking action to correct any discrepancies.
- **Competitive Events Special Rewards Program:** The purpose of this program is to award points and recognition for program participants that compete, complete, and validate major fitness competitions and events. See below for further details.

Know Your Numbers

This pathway is designed to help you become more aware of your health risks, and help you make improvements.

Earn points by:

- Completing a biometric screening through the Onsite Clinic between the dates of August 28th-September 30th (see specific dates and times available).
- Then follow-up with an Onsite provider or Registered Dietitian, if needed.

50 points will be awarded to all those that complete the screening. If a follow-up is required, 50 points will be awarded for completion of the follow-up, for a total of **100** points to complete the program.

A biometric screening consists of a blood draw (measuring lipids, blood glucose levels), weight, blood pressure, body fat percentage, and a short cardiovascular fitness test. If any of the above measures are not considered to be within a healthy range, you may be asked to follow-up with an Onsite provider or Registered Dietitian. This must be completed in order to receive points.

*Only those with BCBS Medical Benefits through CMCSS/Montgomery County are able to participate in the biometric screening.

Competitive Events Special Rewards Program

This program's purpose is to award points and recognition for program participants that compete, complete, and validate major fitness competitions and events. These reward

points will not be widely awarded, and are reserved for the combination of vigorous activities with high endurance level training or are required to be a **first time ever** completion of a competitive event.

Reward points will not be awarded until the participant submits the validating results of the official event to Katie Massman, Employee Wellness Coordinator, katie.massman@cmcss.net or Tommy Butler, Safety and Health Director, tommy.butler@cmcss.net for review. Points are not guaranteed and will be awarded strictly at the discretion of program administrators. Below is a list of example events that would be eligible for reward points and recognition.

Eligible Event Examples (Not All Inclusive)

All can be earned multiple times except First Time Ever Points

- Half Marathon Road (25 Points)
- Full Marathon Road (50 Points)
- Half Marathon Trail (30 Points)
- 25K Trail (40 Points)
- Full Marathon Trail (60 Points)
- 50 K Trail Event (75 Points)
- 50 Mile Run Event Road or Trail (100 Points)
- 12 Hour Endurance Race (Minimum 30 Miles) (50 Points)
- 24 Hour Endurance Race (Minimum 55 Miles) (100 Points)
- 30 Mile Plus Road Bicycle Event (15 Points)
- 62 Mile Plus Road Bicycle Event (50 Points)
- 100 Mile Plus Road Bicycle Event (75 Points)
- Iron Man Triathlon (125 Points)
- Half Iron Man Triathlon (70 Points)
- Spartan Race (25 to 80 Points) Varies by race level
- CrossFit Completion (25 to 80 Points) Varies by number of rounds of workout during a single competition. (Individual Competition Only)
- Attending a required amount long term class (such as a 10 week Zumba program or other
- Other Endurance Events will be considered.
- **First Time Ever** of any of the above first time completions of the respective event will receive double points. (Can only apply for and receive First Time Ever award once)
- **First Time Ever** for any official timed event of 5K or over OR 12 Mile Bike or over will receive 25 Points. (Can only apply for and receive First Time Ever award once)

Event Examples That **Will Not** Receive Rewards Points

- Unofficial Events
- Events Not Completed for any Reason
- Events less than one hour with exception to a couple of the above (Spartan Sprint/ Crossfit)
- Any run event of any type less than 13.1 Miles with the exception of First Time Ever
- Any bicycle event of any type less than 30 miles with the exception of First Time Ever
- Any Team Event
- Any untimed event to include color runs and fun walks

We will feature athletes who have completed competitive events in the employee newsletter every month, so please let us know your accomplishments!