

Shift to Wellness – GM Financial’s wellness program – allows you to earn premium incentives while working on your health goals

- Assess your current health status by participating in the Biometric Screening and Health Risk Assessment between 7/1/17 and 8/31/17
- Complete the online Tobacco Free Affidavit between 7/1/17 and 8/31/17
- Participate in a variety of wellness activities, physical activity, and educational awareness opportunities and track your progress on the Shift to Wellness site.

**Employees:** By earning a minimum of **50** points by 8/31/17, you will receive a discount on your 2018 medical premium.

**Spouses:** By earning a minimum of **30** points by 8/31/17, you will receive a discount on your 2018 medical premium.

Eligible dates of service 9/1/2016-8/31/2017

CATEGORY	ACTIVITY	POINTS PER ACTIVITY	MAXIMUM PER ACTIVITY	Verify Tool	
Gateway - Tobacco Awareness	Complete Tobacco Free Affidavit/ Cessation Program	5	5	System/ File	\$30 per person monthly premium discount
Gateway- Required to earn additional premium incentive	Biometric Screening and Health Risk Assessment	5	5	System/ Phys Form	\$30 per person monthly premium discount

Complete the Gateway activities and earn 40 points in the categories below to receive the monthly premium discount on your health benefits.

**Preventive Exams & Screenings** (A maximum of 12 points can be earned in this category)

Routine Annual Physical	5	5	Self-report	In order to report activities, please log into your Shift to Wellness account at <a href="http://www.shiftowellness.com">www.shiftowellness.com</a>
Annual Gyn Exam	2	2	Self-report	
Routine Colonoscopy (Age Appropriate)	1	1	Self-report	
Prostate Specific Antigen (PSA)	1	1	Self-report	
Screening Mammogram	1	1	Self-report	
Vision Exam	1	1	Self-report	
Dental Exam	3	6	Self-report	
Dermatology Exam/Skin Cancer Screening	1	1	Self-report	
Flu Vaccine	2	2	Self-report	
Total Points Available in Preventive Exams & Screenings		20		

**Wellness Activities** (A maximum of 10 points can be earned in this category)

Weight Management Program (Weight Watchers, Nutri Systems, Jenny Craig, etc.) Minimum 8 week participation	5	5	Self-report	In order to report activities, please log into your Shift to Wellness account at <a href="http://www.shiftowellness.com">www.shiftowellness.com</a>
Attend Annual Benefits & Health Fair	1	1	Self-report	
Fitness Center Member	1	1	Self-report	
Participate in Company or Community Sponsored Walk/Run	1	4	Promo Code	
Attend EAP Education Class	1	2	Self-report	
Attend Safety Class	1	2	Self-report	
Community Volunteer (minimum 4 hours)	1	2	Self-report	
Improve Sleep Habits(minimum 7 hrs./night, 3 times/wk./3 weeks)	1	1	Self-report	
Total Points Available in Wellness Activities		18		

<b>Physical Activity (A maximum of 25 points can be earned in this category)</b>				
Cardio Exercise ( 3 days/wk., 30 min. minimum, 4 weeks)	1	5	Self-report	In order to report activities, please log into your Shift to Wellness account at <a href="http://www.shifftowellness.com">www.shifftowellness.com</a>
Strength Training (2 days/wk., 30 min. minimum, 4 weeks)	1	5	Self-report	
Stretching ( 3 days/wk., 15 min. minimum, 4 weeks)	1	5	Self-report	
Organized Team Sports ( 1 x per week for 4 weeks)	1	5	Self-report	
Fitness Class ( 30 min. day, 2 days/week, 4 weeks)	1	5	Self-report	
Total Points Available in Physical Activities		25		
<b>Educational Awareness Opportunities (A maximum of 12 points can be earned in this category)</b>				
Challenges (meet challenge goal)	2	6	System Reported	Self-reporting not required for these activities
Asset Health Online Wellness Courses	1	5	System Reported	
Attend Shift to Wellness Lunch 'N Learns	2	8	Promo Code	
Amerfit App.	2	2	System Reported	
Total Points Available in Education Awareness Opportunities		21		
<b>Screening Results (A maximum of 20 points can be earned in this category)</b>				
Blood Pressure <120/80		5	System Reported	Self-reporting not required for these activities
Total cholesterol <200		5	System Reported	
Glucose <100 Fasting or <140 Non-Fasting		5	System Reported	
BMI <30 (or Waist Cir <35 female and <40 male)		5	System Reported	
Total Points Available in Screening Results		20		
<b>TOTALS</b>		<b>114</b>		