

Incentive Activities Instruction

All incentive activities will be tracked using the new Hamilton County Schools wellness portal. After completing your annual physical, completing two incentive activities is the second step of the HCS WellnessConnect program. Employees who complete a physical and have met two of the six activity incentives will earn a premium holiday in December for the employee's insurance premiums only. For more information about the annual physical requirement and to verify you have completed all steps, please log onto your wellness portal at hamiltoncoschools.wellright.com.

- **Step 1:** Go to hamiltoncoschools.wellright.com. Login using the email address and password set-up during registration. If you do not have a username/password, you will need to register.
- **Step 2:** On the homepage, complete two (2) of the six (6) activities listed under '2020 Incentive Activities'. Find more information on the activity and how to complete it by selecting the 'information' button on the activity.
- **Step 3:** Upon completion of each activity, the activity's description will indicate 100% completion.

2020 Incentive Activities found on hamiltoncoschools.wellright.com

- Two health coaching sessions
- Tobacco Cessation Program
- Workout at the YMCA twice a week for eight weeks. Receive verification from YMCA
- Walk 8,000 steps three times a week for eight weeks (only completed with compatible devices)
- Weight Management Program
- Financial Wellness Program