



# GOVERNMENT OF GUAM

## WORKSITE WELLNESS PROGRAM

### Non-communicable Disease (NCD) Consortium



## WWP POINT SYSTEM

### Employee Level (Individual):

- Completion of the WWP Registration/Waiver and Commitment Forms = 5 points
- Completion of the Health Risk Assessment (HRA) = 25 points (*Link to the portal and Data Report will be provided by the Health Insurance Companies*)
- Completion of the Annual Preventive Visit and Wellness Exam (Executive Check-up) = 50 points
- Completion of the Health Screening = 10 points (**NOTE: 25 points for those with improvement in their key health indicators.**)
- Attendance to any Wellness Classes, Health related Meetings, Conferences and Trainings = 10 points each class such as: Stress Management, Weight Loss, Tobacco Cessation, Cooking Class, Brief Tobacco Training (BTI), Health Coaches Training, NCD Consortium Meetings, etc.
- Attendance to any Physical Activities = 5 points each class such as: Zumba, Body Combat, Yoga, etc.
- Participation to any Wellness Events = 10 points for each event participated such as: 5K Run, WAVE, Kick Butts Day, Great American Smokeout, Weight Loss Challenge, etc. Must provide proof to the Health Coaches.
- Participation to any Organized Sports = 5 points for each practice participated and 10 points for each game participated (Basketball, Volleyball, Softball, Soccer, Golf, Rugby, etc.)
- Walk the Miles (Individual or Groups) = 1 point for every mile

**NOTE:** Activities listed above which are done outside of the Government time will be considered provided that Proof of Participation are provided and verified by the Health Coaches. Also must be logged in the Employee Log Sheet.

**For every 25 points accumulated, the WWP participants will receive a Raffle Ticket in order to earn Prizes.**

Raffle Drawings will be held Quarterly and the Annual Drawing will be held in December 2014.

### Health Coach Level:

- Number of employees enrolled and completed the requirements from the agency = (Percentage calculation will be based on the number of employees and size of the agency)
- Completion of the Confidentiality Form = 5 points
- Attendance to meetings and trainings; NCD and Health Coaches, BTI, etc. = 10 points each attendance
- Resourcefulness and Creativity in organizing Wellness activities at their Agency (ex. Weight Loss Challenge, Group Walk, etc.) = 25 points for each activity organized

### Agency Level:

- Cumulative points earned by the individual employees and score of the Health Coaches.
- Compliance with the enforcement of the Healthy Vending Machine Policy (PL 31-141) at their respective Agency = 50 points

