



June 2026 - WELLNESS PROGRAM OPTIONS FOR HEALTHY BUCKS & HEALTH SMART QUALIFYING

Wellness aims to design programs that will address the 5 Health Smart risk factors monitored during the insurance qualifying process: blood pressure, triglycerides, LDL cholesterol, waist circumference, and A1c (blood sugar).

Each of the below programs can earn you \$50HB or one hour of qualifying education unless otherwise indicated.

REMINDER: YOU MUST ARRIVE NO LATER THAN 5 MIN AFTER THE START OF THE CLASS TO RECEIVE CREDIT



	Class Title	Date	Day	Time	Location
Nutrition	Beyond Carrots	2nd	Tuesday	12-1pm	N County Water Reclamation - 10500 Goodlette-Frank Rd, 2nd Floor Conference Room
	Beyond Carrots	8th	Monday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Alcohol: The Hard Proof	9th	Tuesday	4-5pm	Immokalee Road & Bridge - 415 Sgt Joe Jones Rd
	SELFISH Living: Your Heart Healthy Wellness Plan	10th	Wednesday	12-1pm	Everglades City, City Hall - 102 S Copeland St, City Hall Council Chambers
	7 Habits of Highly Effective Diabetes Self-Management Los 7 Habitos para el Cuidado Personal de Diabetes	11th	Thursday	6:30-7:30am	Davis Road & Bridge - 4800 Davis Blvd
	The Miraculous Microbiome	12th	Friday	12-1pm	Main Campus - Risk Management Building D, Training Room
	The Power of Time	17th	Wednesday	12-1pm	N County Regional Water Plant - 8005 Vanderbilt Beach Rd
	Alcohol: The Hard Proof	22nd	Monday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Beyond Carrots	25th	Thursday	5:15-6:15pm	Marco Island Tax Collectors - 5/3 Bank, 650 E Elkcam Cir
	Eat Broadly, Live Boldly!	30th	Tuesday	12-1pm	S County Water Reclamation - 5600 Warren St, breakroom
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Zumba Caliente	4th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
	Core & Balance Basics	16th	Tuesday	12-1pm	S County Water Treatment Plant - 3851 City Gate Dr, Large Conference Room
	Fitness Center Program	Jan-Sep	3 consecutive months	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Rec Membership Required. Employee Memberships \$4.69 per paycheck.
Emotional Wellness	<i>Why Knowing Your Love Language Can Help Your Relationships</i> Sandra Hack, LCSW	24th	Wednesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
Group Stress Reduction	Coping with Anxiety and Uncertainty	11th	Thursday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	The Science of Happiness: Positive Psychology in Practice	23rd	Tuesday	12-1pm	Property Appraisers - 3950 Radio Rd, Conference Room
Money Matters	Identity Theft---How to Prevent It	3rd	Wednesday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Identity Theft---How to Prevent It	26th	Friday	12-1pm	Main Campus - Risk Management Building D, Training Room

Register for all Wellness programs on <http://colliergov.GoSignMeUp.com>

Re-shape Your Frame - Body Composition Program - \$50HB - Initial measurement taken during the months of APRIL and MAY during the 05/14 Health Fair, before/after Healthy Bucks classes, and by individual appointment with a Wellness team member.

- **Waist Circumference Women ≤ 35 inches and Men ≤ 40 inches**
 - If waist circumference is within normal limits, measure-IN in April-May is not necessary to earn Healthy Bucks.
- For women- if waist circumference is >35 inches must lose 1/2 inch
- For men- if waist circumference is >40 inches must lose 1/2 inch
- ALL FINAL Waist measurements will be repeated Aug/Sep 2026 by attending a Wellness Waist/Blood Pressure Clinic.

2026 Healthy Bucks Program

\$150 Maximum Healthy Bucks earned by participating in these programs:

- 1) Wellness Education Sessions—Topics on the latest Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Matters, Great Outdoors - **\$50HB**
- 2) Wellness Group Fitness Programs - Employee Wellness Fitness Center - **\$50HB**
 - Participate in the Wellness-sponsored Exercise Programs (Zumba, Pilates, Yoga, etc)
 - \$30 registration fee is required for all non-Park n' Rec fitness members
 - must attend 12 of 16 exercise sessions (*Wellness group fitness free with Fitness membership*)
- 3) Fitness Center Program—Join the Employee Wellness Fitness Center or Park n' Rec Centers - **\$50HB**
 - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Centers
 - fitness membership required by payroll deduct
- 4) Complete a chip/timed CCG Park & Rec or Gulf Coast Runners sponsored event (or a virtual race event allowed when inclement weather affects a scheduled race- specific tracking/authenticity requirements) - **\$50HB**

The Remainder \$150 Healthy Bucks earned by participating in these RESULT-BASED HB programs:

- 1) **NEW!** \$50 Healthy Bucks for Zero Risk Factors—**\$50HB**
 - Receive the following values on your insurance qualifying lab/biometric results and earn an automatic \$50 Healthy Bucks! Blood Pressure <130/90, Waist Circumference ≤ 35 in (women) or ≤ 40 in (men), LDL cholesterol <130, Triglycerides <150, A1c <5.7 or ≤ 7.0 (existing Diabetes)
- 1) **Holiday Waist Challenge - \$50HB** - initial measurements taken at Wellness Waist Clinics in Aug/Sep 2025
 - Waist Circumference **Women ≤ 35 inches and Men ≤ 40 inches**
 - For women- if waist circumference is >35 inches must lose 1/2 inch
 - For men- if waist circumference is >40 inches must lose 1/2 inch
 - FINAL Waist measurement will be repeated Jan 2-9, 2026 by attending a Wellness Waist Clinic
- 2) **Holiday Fitness Challenge - \$50HB**
 - You must have a Park n' Rec Fitness membership and **exercise 8 times for 30 mins or more during Nov/Dec 2025**
- 3) **Off the Cuff - Blood Pressure Program - \$50HB**
 - **Blood Pressure < 130/90**
 - Attend a Wellness Waist - Blood Pressure Clinic during Aug/Sep 2026 to test your BP
- 4) **Sugar Busters - A1C Management Program - \$50HB**
 - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C $\leq 7\%$**
 - Have your non-fasting A1C blood glucose drawn between July 15 and Sep 30, 2025 *by appointment only* at the MedCenter, phone 252-4257
- 5) **Re-shape Your Frame - Body Composition Program - \$50HB** - **Initial measurement taken during the months of APRIL and MAY during the 05/14 Health Fair, before/after Healthy Bucks classes, and by individual appointment with a Wellness team member.**
 - Waist Circumference **Women ≤ 35 inches and Men ≤ 40 inches**
 - **If waist circumference is within normal limits, measure-IN in April-May is not necessary to earn Healthy Bucks.**
 - For women- if waist circumference is >35 inches **must lose 1/2 inch**
 - For men- if waist circumference is >40 inches **must lose 1/2 inch**
 - ALL FINAL Waist measurements will be repeated Aug/Sep 2026 by attending a Wellness Waist/Blood Pressure Clinic.

***Alternative Result-based HB programs are available for those who may not consider the above options feasible. Must register by January 31, 2026. See Wellness for details.**