



July 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	7 Habits of Highly Effective Diabetes Self-Management	6th	Monday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Eat Broadly, Live Boldly!	7th	Tuesday	5:15-6:15pm	Drivers License - 725 S Airport Pulling Rd, Conference Room
	Alcohol: The Hard Proof	14th	Tuesday	12-1pm	Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room
	7 Habits of Highly Effective Diabetes Self-Management Los 7 Habitos para el Cuidado Personal de Diabetes	15th	Wednesday	7-8am	N Collier Regional Park - 15000 Livingston Rd, Admin Building Rooms A and C
	The Miraculous Microbiome	16th	Thursday	7-8am	Wastewater Collections - 6027 Shirley St, 2nd Floor Training Room
	SELFISH Living: Your Heart Healthy Wellness Plan	16th	Thursday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
	Beyond Carrots	17th	Friday	8-9am	Heritage Bay - 15450 Collier Blvd, Towne Hall Meeting Room
	Alcohol: The Hard Proof	20th	Monday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	The Miraculous Microbiome	21st	Tuesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	The Power of Time El Poder del Tiempo	23rd	Thursday	12-1pm	Pelican Bay - Truist Building 801 Laurel Oak Drive
	The Power of Time	28th	Tuesday	12-1pm	Water Distribution & Utilities - 4420 Mercantile Ave, Training Room
	Beyond Carrots	29th	Wednesday	12-1pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Firecracker 5K	4th	Saturday	Race Starts 7:00AM	Register on Gulf Coast Runners -Naples and on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Core & Balance Basics	8th	Wednesday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting 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.
Great In doors	Beginners Cycle Spin Class	10th	Friday	6-7pm ARRIVE BY 5:50pm	The Athletica Health & Fitness, 4019 Santa Barbara Blvd. See GSMU for more information.
Group Stress Reduction	The Science of Happiness: Positive Psychology in Practice	9th	Thursday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Overcoming Burnout: Recognizing and Rebalancing	21st	Tuesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Money Matters	Estate Planning	27th	Monday	12-1pm	S Regional Library - 8065 Lely Cultural Parkway, Auditorium
	Estate Planning	30th	Thursday	5:15-6:15pm	Immokalee Community Park - 321 N First St

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

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.**