

Wellness Incentive 2018

Benefit News



Announcing the new
Wellness Incentive requirements for 2018 . . .

MOVE IT or **LOSE IT**

If you have any questions regarding your Welfare, Pension or Annuity benefits, please let us know!

How you can reach us:

- VISIT our Web Site:
www.FundOneIATSE.com
- COME UP to the Fund Office:
320 West 46th Street, 6th Fl.,
between 8th and 9th avenues
- CALL us at : (212)247-5225
FAX us at: (212)977-9319

EMAIL us:
Welfare

Gloria Shea, Supervisor
gashea@fundoneiatse.com
Shirley Nelson
snelson@fundoneiatse.com
Denise Carmona
dcarmona@fundoneiatse.com

Pension and Annuity

Mariann Zappalla, Supervisor
mzappalla@fundoneiatse.com

Local One Wellness Center

Mary Kelly,
Healthcare Coordinator
mkelly@fundoneiatse.com

Administration

Scott Cool, Director of
Fund Administration
cool@fundoneiatse.com
Colbert Cambran
ccambran@fundoneiatse.com
Tina Tatum
ttatum@fundoneiatse.com

We look forward to hearing from you!

To qualify for the \$400 per year (\$100 per quarter) reduction in your self-pay premiums in 2019, active participants will need to participate in 1 of the 5 challenges described inside this newsletter during 2018. You can do any or all of them, but to qualify for the incentive you only need to complete one of the challenges.

Each challenge is either related to staying active ("Move It") or becoming more thoughtful about what we eat ("Lose It"). All of them are about taking better care of our bodies to help ensure we are getting good mileage, a comfortable ride, and don't end up in the junk yard before our time.

Inside this newsletter you'll find details for each of the five challenge options, including how to qualify for the Wellness Incentive, and information about PRIZES supplied by AETNA for the two group challenges.

The reason for this year's Wellness Incentive campaign is that bad diet and lack of exercise are causes of obesity, and obesity is the fundamental driver for a whole host of chronic and catastrophic diseases. The risks of coronary disease and hypertension are 2 to 3 times higher in overweight people, and the risk of type 2 diabetes compared to lean individuals is 10 times higher. Overweight people also have higher mortality from colon, breast and other cancers. If we can modify our exercise and diet habits even a little, we can begin leading healthier lives - which is great for you and those that depend on you, and also very good for the health of the Welfare Fund!

DETAILS INSIDE! 

LOSE IT

OPTION 1: Local 1 Biggest Loser Challenge

Initial weigh-ins must take place from **2/12/18 to 2/28/18** and final weigh-ins from **6/18/18 to 6/29/18**. Both initial and final weigh-ins must take place either in the Wellness Center or during the February and June Membership meetings. Although not required, participants are encouraged to visit the Wellness Center for weigh-ins during the course of the challenge, but you can also weigh yourself and email your weight to **Wellness@FundOneIATSE.com** to qualify for the bi-weekly prize raffles (see below).

HOW DO I QUALIFY FOR THE WELLNESS INCENTIVE?

To qualify for the Wellness Incentive, all you need to do is have an initial and final weigh-in at the Wellness Center or the February and June Membership meetings. You don't need to lose weight or even submit the interim weigh-ins that will qualify you for the raffle drawings. If you are underweight and your goal is to add some pounds, that qualifies too!

WHAT ARE THE PRIZES?

Starting on 3/01/18, we'll have a raffle every 2-weeks for a FitBit IONIC (\$299 value!) provided by Aetna. This is Fitbit's flagship tracker including GPS, Heart-Rate Monitoring, Onboard Music, and Dynamic Coaching! Your name will be entered in each bi-weekly raffle if you weigh-in in person or by email in the prior 2 weeks since the previous raffle. In all there will be 8 IONICs given away during 8 raffles.

OPTION 2: Weight loss—Flexible Start

If you would have trouble with the timing of the Biggest Loser challenge, we can also set you up with an individual challenge starting at your convenience. All you need to do to qualify for the Wellness Incentive is to have an initial and final weigh-in at the Wellness Center at least 3 months apart, with 4 interim weigh-ins which can be either in person, or self-reported by email.

OPTION 3: Food Logging

Studies have shown that keeping a food log can DOUBLE a person's weight loss! Much like tracking expenses against a financial budget, keeping tabs on what you eat can help you make better decisions about what you can "afford" to eat. To qualify for this challenge, participants will need to log their meals for 30 days using a food app like MyFitnessPal, or by using a paper and pencil form.

MOVE IT

OPTION 4: Local 1 Step Challenge

There will be 5 monthly step challenges taking place in **May, June, July, August and September**. Participants in the Step Challenge will use a phone or web browser app that will collect and report your daily steps from a number of devices including fitness trackers from Fitbit, Jawbone, Withings, Garmin, Misfit, Apple Watch, Xiaomi, Pebble, Polar, and iOS & Android smartphones.

While the standard daily goal is 10,000 steps per day, participants who are unable to meet that goal because of health reasons or rules that prohibit using trackers at work will be able to select goals of 7,500 or 5,000 steps per day.

HOW DO I QUALIFY FOR THE WELLNESS INCENTIVE?

There are 2 ways to qualify for the Wellness Incentive in the Step Challenge:

- A. Accumulate 1 Million Steps over 5 Months -OR-
- B. Meet your personal daily goal 15 days per month for at least 4 of the 5 months

WHAT ARE THE PRIZES?

In addition to qualifying for Wellness Incentive, participants will be eligible for monthly raffles as well as a raffle at the end of the challenge. Prizes will be the Fitbit IONIC (\$299 value!), which is Fitbit's flagship tracker including GPS, Heart-Rate Monitoring, Onboard Music, and Dynamic Coaching!

OPTION 5: Fitness Membership and/or Activities

If you are already engaging in some sort fitness program, you can qualify for the Wellness Incentive just by providing proof of your Membership or completion of the approved activity. These can include Gym or Yoga Memberships, participation in organized fitness programs, completion of 5 fitness classes (Yoga, Spinning, etc.), and completion of an organized run of 5K or more. If you have any questions about whether your membership or activity will qualify, please call the Fund Office at (212)247-5225.

To join a challenge, please send an email to Wellness@FundOneIATSE.com **including your name and date of birth** letting us know which challenge you are interested in and we will email you back with detailed instructions.

2018 Wellness Incentive Requirements FAQ

What is the Wellness Incentive?

The Wellness Incentive is a \$400 per year (\$100 per quarter) reduction in your self-pay premium which you earn by completing certain health-related goals each year you are a participant in the Welfare Fund. To continue receiving the incentive starting **1/01/19**, you need to successfully complete 1 of the 5 MOVE IT or LOSE IT challenges during **2018**.

Who is eligible to participate in the WELLNESS INCENTIVE?

Any current active participant of the Welfare Fund is eligible to participate in the Wellness Incentive program.

Who is eligible to participate in the MOVE IT or LOSE IT challenges?

Any participant of the Welfare Fund is eligible to participate in any or all of the challenges, but only active participants are eligible for the Wellness Incentive. Spouses are encouraged and welcome to participate, but you can still qualify for the Wellness Incentive if they choose not to do a challenge.

What do I need to do to join one of the challenges?

Send an email to **Wellness@FundOneIATSE.com** including your name and date of birth letting us know which challenge you are interested in and we will email you back with detailed instructions.

What can I do if I should not diet or engage in even low level activities?

Participants are encouraged to participate in these challenges safely. As with any weight loss or physical activity program, there are risks. To participate in these challenges, you will need to certify that you have no limiting physical conditions, eating disorder or disability that would prohibit you from participating.

For the Steps activity, we've added the flexibility to choose from 3 goal levels which may help you find an activity level which is appropriate to your current health. For the weight loss challenge you are able to qualify just by monitoring and tracking your weight; there is no requirement to lose weight. We have also included a food tracking challenge which doesn't require physical activity or dieting (Option 3). If you have any questions about which challenge is right for you, please contact Local One's Healthcare Coordinator Mary Kelly at (212)247-5545.

What should I do if I'm prohibited from wearing a steps tracker at my workplace?

We recognize that many participants are prohibited from having step trackers or cell phones while performing their stagehand duties. If that means you can't reasonably meet the standard goal of 10,000 steps per day, you have the option of lowering your goal to 7,500 or 5,000 steps per day. You also have the option of doing one of the other non-tracker related challenges.

If you have any other questions, please call the Fund Office at (212)247-5225.