



## 2024 Dakota County Voluntary Wellness Incentive Program

Dakota County newly hired employees are able to participate in the voluntary County Wellness Program through OPTUM where employees earn a reduced medical premium incentive for 2024. The 2024 premium reduction will be reflected on your paycheck within 6-8 weeks of completion of all steps.

### Steps to take towards the 2024 health insurance premium reduction

Register for your Rally account, go to:

- <https://www.werally.com/client/dakotacounty/register/>
- You will need to provide your 5-digit network ID when registering (CAPITILIZE all letters)
- Use your legal name, not a name you go by at work

### Rewardable Activities:

- |  |                                  |
|--|----------------------------------|
| <b>1. Complete the Online Rally Health Survey</b>  |                                  |
| <ul style="list-style-type: none"> <li>• When you first log into Rally, you will automatically be prompted to complete the health survey.</li> </ul>   | 10%                              |
| <b>2. Schedule and Attend Biometric Screening at a Let's Get Checked Lab</b>   | 10%                              |
| <ul style="list-style-type: none"> <li>• Schedule through Rally – <i>See step by step instructions on the next page</i></li> <li>• Targets achieved below from your screening will be uploaded to RALLY Rewards Page within 3 weeks of your screening date.</li> </ul> |                                  |
| ✓ <b>Achieve Biometric Screening Targets</b>   |                                  |
| ✓ Achieve Your Target BMI Target (<=27.5)  | 10%                              |
| ✓ Achieve Total Cholesterol Target (<=200)   | 10%                              |
| ✓ Achieve Your Glucose Goal (Fasting blood sugar <=100)  | 10%                              |
| ✓ Achieve Your Blood Pressure Goal (<=140/90)  | 10%                              |
| ✓ Achieve HDL Target (>=40 Males, >=50 Females)  | 10%                              |
| 4. Achieve Tobacco Free (select confirm on RALLY Rewards page)   | 5%                               |
| 5. Complete a Veggie IQ Quiz   | 5%                               |
| 6. Complete the Exercise Quiz  | 5%                               |
| <b>7. Complete a Team Battle Challenge and meet rewardable milestone</b>   | 10%                              |
| The County will hold four a year   |                                  |
| <b>8. Complete 1 of the following Specific Missions:</b>   | <u>10%</u>                       |
| Bring Your Lunch to Work, Swap a Sugary drink for Water,<br>Take brisk 10 min Walks  | <b>105% of premium incentive</b> |

### Reasonable Alternative Options

Any missed targets on your Biometric Screening, such as BMI or glucose, can be satisfied to earn to a higher incentive by completing a Wellness Coaching Program before December 31, 2024:

- A Wellness Coaching Program – Complete online (20%) or over the phone (30%)

Credit incentives are updated on the second paycheck of every month, based on the scores from the previous month. The score you get this year in 2024 will be your incentive for the remainder of this year, and all of 2025.

Below are the 2024 & 2025 Incentive Tiers:

- 90-100% \$45 per month incentive (\$540 annually)
- 70-80% \$35 per month incentive (\$420 annually)
- 60% \$25 per month incentive (\$300 annually)

\*\*\*In order to be able to register on Rally website, you will need to have your Benefits Enrollment completed online prior to Thursday morning to be on the weekly file sent to OPTUM. If you try to register and receive an eligibility error message, please try again the following week.

### How to Schedule your Biometric Screening:

1. Log into [Rally](#)
2. Select *Rewards* from the top menu
3. Under **Available** – find the *Biometric Screening* tile
  - Select **View All** to see all rewardable activities
4. Select *View Details* on the Biometric Screening tile
5. A new page will open (check your pop-up blocker if a new page does not open)
6. Select *Start Here*
7. Review and Accept disclosures
8. Enter your information
9. Select *Schedule Appointment* on the Lab patient service center tile
10. Select *Schedule your screening now*
  - OR, scroll down to review more information about the biometric screening
11. Enter your zip code
12. Select location
13. Available Dates will be highlighted with Blue Circles



14. Select from list of available times
  - NOTE: You MUST fast (besides water) for 8 hours before your screening
15. Select *Confirm Selection*
16. Review Appointment confirmation

\*\*Biometric screenings can be completed on work time. Please confirm with your Manager, your biometric screening appointment is an ok time to be away. This is not eligible mileage reimbursement.