



Physical Activity Tracking/Check-ins

Program requirements and verification form must be met and submitted to employee wellness by
October 31, 2020

*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

Physical Activity (Tracking/Check-Ins) is a 12 consecutive week program that allows you to track your physical activity on your own. You will start whenever you would like, as long as the 12 weeks are consecutive and completed by October 31st 2020. Below are the guidelines that need to be met.

Requirements:

- 1) Meet physical activity requirements by October 31st, 2020
 - a. A minimum of 150 active/exercise minutes of physical activity each week for 10 of 12 consecutive weeks tracked by a device.

OR

 - b. A minimum of 3 days per week at a fitness center (of your choice) for 10 of 12 consecutive weeks.
- 2) Complete verification form and return to employee wellness by October 31st, 2020

***You can NOT combine the two. You will need to pick one way of tracking.** For example, you cannot turn in the following: Monday go the Y (check-in), Tuesday Run outside for 30 minutes (tracking), Wednesday go the Y (check-in), and Thursday Yoga in the Park 45 minutes (tracking).

Approved ways to submit your activity requirements:

- 1) Activity tracking- you will need to take screenshots of your activity from your device. Please visit this link on how to capture that data from some of the most popular devices.
 - Apple Watch
 - Garmin
 - Fit Bit
 - Samsung Galaxy
 - Polar
 - Any app that captures number of minutes of activity
- 2) Gym check-ins
 - If you attend a gym that requires a check in, request a staff member to print off your visit history for the past 12 weeks.
 - If you attend a gym that doesn't require a check in, request a manager to sign the included document stating you have attended.
 - i. Please include a business card of the manager of the gym