



## 2016 Reasonable Alternative Standard (RAS) Approved Activity Lists

Employee Name

Employee Number

**4:00 pm on Nov. 30, 2016**

Total Points Needed

RAS Points Due Date

At least 50% of points MUST be obtained from Approved Activity List 1 or 2		
Approved Activity/Facility List 1 - No Cost to Employee		
Points awarded	Activities offered	Length of Activity
<b>Coaching Session-Blood pressure, nutrition or weight management</b>		
3	EHN 12 week (3 month)	12 weeks
1	Gaming RN Coaching	4 sessions
<b>Oneida Family Fitness (OFF) Membership</b>		
*2 or 4	8x in 1 month or 16x in 1 month	8 or 16 check-ins
<i>Required 20 minutes of physical activity per visit / Maximum 4 points per month per facility</i>		
3	Weigh of Life 12 week (3 month)	12 weeks
2	Stressercize (Stress Management Program)	6 sessions
<b>Nutrition/Stress Classes</b>		
1	Approved Aurora, Bellin or Prevea Presentations	1 session
1	Approved Oneida Presentations	1 session
1	OBH Educational Series	1 session
1	Just Move It Oneida (JMIO)	1 session
<i>Will not receive points for duplicate sessions attended</i>		
<b>Diabetes Prevention Program (DPP)</b>		
4	DPP	16 week
3	DPP	Additional 12 weeks
<b>Nicotine</b>		
1	Smoking cessation at EHN	4 sessions
<i>Must have positive nicotine level on 2015 HRA</i>		
<b>Preventative Care</b>		
1	Annual physical	once per year
1	Preventive Mammogram	once per year
1	Preventive Colonoscopy	once per year
Approved Activity/Facility List 2 - At Employee's Expense		
Points awarded	Activities offered	Length of Activity
*2 or 4	Any outside fitness center	8x in 1 month or 16x in 1 month
<i>Required 20 minutes of physical activity per visit / Maximum 4 points per month per facility</i>		
2	Yoga (at approved facility)	4x in 1 month
<i>Cannot combine fitness center check-ins with Yoga or other activity check-ins</i>		
3	Any weight management programs	12 weeks
Optional 50% of points can be obtained from Approved Activity List 3		
Approved Activity/Facility List 3 - At Employee's Expense		
Points awarded	Activities offered	Length of Activity
2	Heart Calcium Score (must qualify) <i>(\$50 cost to employee if done at Bellin Health-other locations prices may vary)</i>	once per year
1	Approved Oneida Adventures Event	1 event
1	5K Run	3.1 miles
2	10K Run	6.2 miles
3	15K Run	9.3 miles
5	Half Marathon	13.1 miles
6	Marathon	26.2 miles
<b>RAS activities must be done on your own time</b>		