2019 Reasonable Alternative Standard (RAS) Approved Activity List



Employee Name & Employee Number

Nov. 27, 2019 by 4:00 pm

RAS Points Due Date

Total Points Needed

Approved Activity List 1 - No Cost to Employee			
Points	Activity Type	Length of Activity	
Awarded	Employee Health Nursing (EHN) / Wellness On	sito	
4	EHN 12 Week Coaching	12 weeks	
	EHN Smoking Cessation Coaching		
2	Must have positive nicotine level on 2018 HRA	4 sessions	
1	Wellness Onsite Coaching	1 1	
1	Maximum 4 points per year	1 hour	
	Oneida Family Fitness (OFF)		
	10x in 1 calendar month or 18x in 1 calendar month		
*4 or 6	*Required 20 minutes of physical activity per visit /	10 or 18 check-ins	
	Check-ins must be 2 hours apart, max 2 per day, max 6 points per month		
	Oneida Adventures Oneida Adventures Event		
1	(Sites other than at OFF)	1 event	
	Health Promotion Disease Prevention		
8	Diabetes Prevention Program (DPP)	16 week	
4	Diabetes Prevention Program (DPP)	Additional 12 weeks	
1		1 session	
1	Just Move It Oneida (JMIO) Health & Wellness Presentations	1 session	
1		1 .	
1	Oneida, Aurora, Bellin or Prevea (Employee Services Building)	1 session	
1	Community Education Center (CEC)	1 session	
1	Will not receive points for duplicate sessions attended	1:	
1	Employee Assistance Program (EAP-Cottage 1240)	1 session	
1	Oneida Behavioral Health Educational Series (OBH-Purple Room)	1 session	
	All presentations must be pre-approved by EHN		
1	Preventive Care	D. 4.0	
1	Annual Physical	once per RAS year	
1	Mammogram	once per RAS year	
1	Colonoscopy	once per RAS year	
	Wellness Incentive Form Required		
	Approved Activity List 2 - At Employee's Expen	ese	
Points awarded	Activities offered	Length of Activity	
	Fitness Center		
	10x in 1 calendar month or 18x in 1 calendar month		
*4 or 6	*Required 20 minutes of physical activity per visit /	10 or 18 check-ins	
	Check-ins must be 2 hours apart, max 2 per day, max 6 points per month		
	Weight Management		
4	Weight Management Program	12 weeks	
	Online programs not allowed		
	Health & Wellness Presentations		
1	Community Education Center (CEC)	1 session	
	All presentations must be pre-approved by EHN		
	Preventive Care		
1	Dental Cleaning & Exam	once per RAS year	
1	Comprehensive Eye Exam (dilation not required)	once per RAS year	
	Preventive Care Form Required		

Exercise at Work time is not eligible for RAS activity points. EHN will be verify that Exercise at Work time was not used. Any falsification will disqualify employees from the RAS program.

Return original certificate of participation <u>in person</u> to Oneida Employee Health Nursing Department

The intent of the Reasonable Alternative Standards (RAS) program is to help participants to improve their health and provide fair and reasonable opportunities for participants to achieve the maximum wellness financial incentive. The program cannot be inclusive of all physical activities. Fitness center activities must be completed within calendar month(s). Program administration by Employee Health Nursing (EHN) requires controls and guidelines to ensure fairness, equity and accountability.

All participants please note the following:

Presentation participants cannot be 5 minutes late and must stay the duration of the presentation to receive a RAS point. Combination of fitness center facilities and check-ins will be accepted, with a maximum six (6) points per month. All approved activities require documentation (on letterhead) or certificate of completion.

Portion below to be completed by EHN staff:				
Date of Activity	Name of Activity	Initials of EHN & Employee	Points Earned	
	TOTAL POINTS			