

**2019 Reasonable Alternative Standard (RAS)  
Approved Activity List**



A good mind. A good heart. A strong fire.

**Nov. 27, 2019 by 4:00 pm**

RAS Points Due Date

Employee Name & Employee Number

Total Points Needed

**Approved Activity List 1 - No Cost to Employee**

Points Awarded	Activity Type	Length of Activity
<b>Employee Health Nursing (EHN) / Wellness Onsite</b>		
4	EHN 12 Week Coaching	12 weeks
2	EHN Smoking Cessation Coaching <i>Must have positive nicotine level on 2018 HRA</i>	4 sessions
1	Wellness Onsite Coaching <i>Maximum 4 points per year</i>	1 hour
<b>Oneida Family Fitness (OFF)</b>		
*4 or 6	10x in 1 calendar month or 18x in 1 calendar month <i>*Required 20 minutes of physical activity per visit / Check-ins must be 2 hours apart, max 2 per day, max 6 points per month</i>	10 or 18 check-ins
<b>Oneida Adventures</b>		
1	Oneida Adventures Event <i>(Sites other than at OFF)</i>	1 event
<b>Health Promotion Disease Prevention</b>		
8	Diabetes Prevention Program (DPP)	16 week
4	Diabetes Prevention Program (DPP)	Additional 12 weeks
1	Just Move It Oneida (JMIO)	1 session
<b>Health &amp; Wellness Presentations</b>		
1	Oneida, Aurora, Bellin or Prevea (Employee Services Building)	1 session
1	Community Education Center (CEC)	1 session
<i>Will not receive points for duplicate sessions attended</i>		
1	Employee Assistance Program (EAP-Cottage 1240)	1 session
1	Oneida Behavioral Health Educational Series (OBH-Purple Room)	1 session
<i>All presentations must be pre-approved by EHN</i>		
<b>Preventive Care</b>		
1	Annual Physical	once per RAS year
1	Mammogram	once per RAS year
1	Colonoscopy	once per RAS year
<i>Wellness Incentive Form Required</i>		

**Approved Activity List 2 - At Employee's Expense**

Points awarded	Activities offered	Length of Activity
<b>Fitness Center</b>		
*4 or 6	10x in 1 calendar month or 18x in 1 calendar month <i>*Required 20 minutes of physical activity per visit / Check-ins must be 2 hours apart, max 2 per day, max 6 points per month</i>	10 or 18 check-ins
<b>Weight Management</b>		
4	Weight Management Program	12 weeks
<i>Online programs not allowed</i>		
<b>Health &amp; Wellness Presentations</b>		
1	Community Education Center (CEC)	1 session
<i>All presentations must be pre-approved by EHN</i>		
<b>Preventive Care</b>		
1	Dental Cleaning & Exam	once per RAS year
1	Comprehensive Eye Exam ( <i>dilation not required</i> )	once per RAS year
<i>Preventive Care Form Required</i>		

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

***RAS activities must be done on your own time. RAS Certificates will NOT be re-issued.***

*Updated 11/28/18mt*

