



CCG PASSPORT TO WELLNESS ENROLLMENT FORM

Purpose:

The purpose of the CCG Passport to Wellness is to encourage employees of the Columbus Consolidated Government to improve their health and to award incentives for their participation that are:

- Physical fitness related to include 3,5, and 10ks Run/Walks, half marathons, full marathons sponsored by the city, community, or other recognized organizations.
- Designed to screen for high blood pressure, high glucose, high cholesterol, and other chronic diseases.
- Annual screenings such as mammograms and PSA levels.
- Designed to provide life-style education (smoking cessation, weight-loss, nutrition, etc.)
- Designed to improve the health and wellbeing of others.

Points

Individuals enrolled in the Passport to Wellness Program will receive points for participating in various activities. These Points will qualify them for incentives such as gift cards and other prizes.

Participation Gift Card: 10pts = \$25, 20pts = \$50, 30pts = \$75, 40pts = \$100

1. Lunch-N-Learns = **3 points**
2. Walktober or (2,3, 5 and 10k Run/Walk) = **4 points**
3. Health Benefits Fair = **4 points**
4. PHA's or annual screenings = **3 points**
5. CCG Fitness Challenge = **3 points**

6. Aerobics Class = 3 points
7. Health Webinars = 3 points
8. CareATC Challenge (Annual & Quarterly) = 3 points
9. Proof of gym membership (Must have 2024 Membership or workout in the CCG exercise room (A sign-up sheet will be provided). = 3 points
10. Tobacco Cessation Classes = 2 points
11. Finance Seminars = 2 points
12. Blood Drives = 3 points
13. Healthy Meal Monday (Email Picture to Laddia King) = 2 points
14. Yoga Classes = 2 points

Employee Section

Name: (Last name, First name)

Date: (Today's Date)

Department:

Please check all that apply to why you want to participate in the Passport to Wellness:

<input type="checkbox"/> Improve my health.	<input type="checkbox"/> Healthier lifestyle for my family.
<input type="checkbox"/> Earn rewards and points.	<input type="checkbox"/> Learn more about preventing diseases.

Columbus Consolidated Government Section

Employee status verified? Yes No

Employee Covered under CCG Health Plans? Yes No

Dimensions of Wellness:

- **Physical:** Taking care of one's body by partaking in healthy practices such as exercise, a nutritious diet, and getting adequate sleep. Acknowledging the importance of one's physical surroundings and taking an active role in sustaining it.
- **Mental:** Combining the elements of emotional well-being and intellectual curiosity, mental wellness includes being attentive to one's thoughts, feelings, and behaviors; positive or negative. Having the ability to approach life optimistically and with resiliency despite life's inevitable disappointments. Seeking out ways to expand one's knowledge and skills.
- **Social:** Fostering a sense of connection and belonging with others. Involves using good communication skills, respecting oneself and others, and creating and maintaining a well-developed support system.
- **Spiritual:** Taking steps to identify one's values and beliefs in order to expand one's sense of purpose and to find meaning in their life. Keeping an open mind and demonstrating tolerance towards others.
- **Financial:** Striving to live a life within one's means and taking steps to ensure one's finances are prepared to support them in both the short and long term.
- **Occupational:** Finding purpose and fulfillment in one's professional journey while working to maintain balance between personal and work-life.