

Examples of Employee Incentives

- Cash incentives (\$100, \$250, \$500) at the completion of one year based on HRA improvement plus points obtained by attending wellness programs.
- Insurance premiums lesser rate for improved HRA'S.
- Some companies felt incentives for improvement in HRA'S was a questionable area due to risk factors that are uncontrollable such as heredity, gender, race & age. These companies offered incentives if the individual participated in the wellness programs.
- Reimbursement of \$100 per year for attendance at a health club, weight loss program, smoking cessation class if parameters of attendance are met for the specific program (not based on if the participant lost weight or quit smoking).
- Name entered in raffle drawing.
- Pedometers (initially the cost is shared between company & individual but reimbursed at the completion of the program).
- T-shirts, totes, etc. with company logo.
- If you participate in the event, you get to dress casual for a day.
- You get a gift certificate (i.e. local vendor, Amazon.com) for participating.

The Quality Forum's Workplace-Focused Diabetes Project Team would like to thank Lonnie Prantner for collecting this information and generously offering to have it included in the toolbox as an example for others.