

Taney County Ambulance District
Next Level starts here...

Wellness



TCAD Wellness

Beginning January 1st through December 31st you will have an opportunity to earn points through several different categories as shown in the diagram below. Tier 1 is required to earn free health insurance, then you must earn the required points in each subsequent tier to earn PTO. Completion of 450 wellness points equals 24 hours of PTO to be added to your bank in January of the following year. New employees [CLICK HERE](#) for instructions to create an account.

Sign on to your account at <https://www.coxhealth.com/portals/> to keep track of your progress.

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Providing a full range of benefits is a way to show how important you are to us.

Katie Sharpe, HR Manager



I am here for you. Contact me if you have any questions, comments, or concerns.

Contact Information: Katie@tcad.net or call 417-334-6586

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Lead Story Headline

Tier – 1 Health Risk Assessment - Required

Minimum 100 points

Lab/biometric screening
Online Personal Assessment

50
50

Tier – 2 Preventative Care

Minimum 100 points

Annual Physical Exam with Primary Care Physician
Get a flu shot
Semi Annual Dental Exam (25 each)
Annual Vision Exam
Annual Mammogram for women over 40
Annual Pap screen for women
Annual PSA screen for men
Colonoscopy for men or women 50 or over

25
25
50
25
25
25
25
25

Tier – 3 Fitness

Minimum 150 points

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Lead Story Headline

Participate in Wellness Challenges = 15pts each	60
Lose at least 10% of your weight	60
Walking using a verified source* - 6,000 steps per day = 1pt each day	150
Exercise - 30 minutes per day = 1pt each day	150
Community event - walk/run - up to two per year = 15pts each	30

Tier – 4 Get Active/Measure Progress

Minimum 100 points

Cholesterol LDL within healthy range or 5% improvement	100
Cholesterol Triglycerides within healthy range or 5% improvement	100
Blood Pressure within healthy range or 5% improvement	100
BMI within healthy range or 5% improvement	100

*Cox Wellness has several "verified sources" you are able to use for Tier 3 fitness points. Just go to the apps playstore and download the desired app.

Connect
Your Apps & Devices

