



## LAKESIDE INDUSTRIES WELLNESS PROGRAM SUMMARY

Lakeside Industries values and promotes the health and well-being of its employees. It is our policy to encourage employees to participate in programs that promote good health, physical and emotional fitness including exercise, weight loss, yoga and other health improvement programs.

### Health Advocate Wellness Program (Plan Year Sept 1-Aug 31)



PAVING THE WAY TO  
A HEALTHIER YOU

- All admin, non-union employees enrolled in the medical plan are eligible starting the 1<sup>st</sup> of the month following date of hire. Spouses are also eligible if enrolled in medical plan.
- Employee (and spouse if applicable) must register online at [www.HealthAdvocate.com/lakesideindustries](http://www.HealthAdvocate.com/lakesideindustries).
- Eligible employees may receive company Health Saving Account (HSA) contributions. (restrictions apply)
  - Must complete biometric health screening and one preventative care visit each wellness year.
- Earn points for various activities that may earn you rewards to redeem at our online rewards platform, Snappy.com.
- Employees are also eligible for random raffles/drawings based on activity.
- See Health Advocate's Wellness Incentive Guide for all program details. Located on our benefits website [LakesideBenefits.com](http://LakesideBenefits.com).

### Walking Program



- All admin, non-union employees are eligible starting the 1<sup>st</sup> of the month following date of hire. Spouses not eligible.
- Earn rewards for activities such as walking, running and/or biking.
- Track steps/miles using a fitness tracking device such as a smart watch, pedometer, Fitbit, etc.
- Turn in total miles once you have reached a reward milestone.
- Proof of miles is required.
- Rewards are as follows:
  - 100 miles - \$10 Amazon Gift Card
  - 200 miles - \$25 Amazon Gift Card
  - 400 miles - \$50 reward Amazon Gift Card OR \$85 Amazon Gift Card (if you did not redeem for 100/200 miles)
  - 800 miles – one day of PTO!!! (If PTO day is earned in 4<sup>th</sup> quarter, it can be rewarded the following year if preferred.)
- Miles roll over year to year.

(Ex: You are at 700 miles as of December 30<sup>th</sup>. You can continue to reach 800 miles into the next year to redeem your PTO day. You do not need to start the counting over on January 1.)



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**Walking Program cont.**

- To request reward(s), complete the Rewards Redemption Form and submit tracked miles to HR.
- Rewards will be processed the pay date after paperwork has been submitted.
- See Rewards Redemption Form for all program details and restrictions. Located on our benefits website [LakesideBenefits.com](http://LakesideBenefits.com).
- Lakeside Industries reserves the right to amend, modify or discontinue this program at any time.

**Wellness Reimbursement Program**  
(Plan Year Jan 1-Dec 31)

**Eat Right and Keep Active  
For Good Health**

- All admin, non-union employees enrolled in the medical plan are eligible starting the 1<sup>st</sup> of the month following date of hire. Spouses not eligible. Eligibility for new hires will be pro-rated.
- This program will reimburse qualified employees up to \$600/yr for participation in fitness related activities such as gym membership, weight loss program, personal training, physical activity classes and sports teams. (Food costs associated with weight loss programs are excluded.)
- This program will reimburse qualified employees up to \$100/yr for equipment such as tennis shoes, exercise equipment, etc. This \$100 is part of the \$600 total.
- To request reimbursement, complete the Reimbursement Form and submit attendance records, receipts, etc. to HR by due date.\* Reimbursements are processed on a quarterly basis.
- Reimbursements will be taxed as a taxable fringe benefit per IRS regulations and will appear on employee paychecks under the earnings description of "Wellness."
- See Reimbursement Policy for all program details and restrictions.
- Lakeside Industries reserves the right to amend, modify or discontinue this program at any time.

*\*Must be turned in to HR no later than 3pm on April 7, July 7, October 7, and January 7. Otherwise, the reward and/or reimbursement will be processed the following quarter. If one of these dates falls on a Saturday or Sunday, the due date is the following Monday.*