

# Incentive Ideas

Promoting Health Assessment	Peer Support and Competition	Incentive Ideas	Low or No Cost Incentives	Moderate Cost Incentives	High Cost Incentives
<ul style="list-style-type: none"> <li>• Launch an Awareness Campaign</li> <li>• Distribute E-Mails Flyers Posters Payroll Stuffer Announce at staff mtg.</li> <li>• Set up kiosks in high traffic areas</li> <li>• Provide additional computers in break rooms</li> <li>• Allow employees to complete assessment during work time</li> <li>• Provide paper copy availability</li> </ul>	<ul style="list-style-type: none"> <li>• Provide "Catered Healthy Lunch" for first department to have 100% of their employees complete the Health Assessment</li> <li>• Designated contest prize to whichever site location has greatest percentage of participants in the completion of the Health Assessment</li> <li>• Post a "Bar Graph of Successful Completion of the Health Assessment" on the company website with various possible comparisons, men vs. women, exempt vs. nonexempt, field workers vs. office staff, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Offer a company-wide drawing including all employees that completed the Health Assessment</li> <li>• Allow "Half-Day Off" to five employees selected from those completing the Health Assessment</li> <li>• Provide \$50.00 Health Insurance Premium Deduction to all employees who complete the assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Recognition: Employee Newsletter Bulletin Board E-Mail Message</li> <li>• Certificates (sports stores, bookstores, etc.)</li> <li>• Lunch/Dinner for two</li> <li>• Donated items Massage Museum tickets</li> <li>• Movie passes Buttons Calendars Key rings/chains Stationary Trophies Discount coupons Water bottles T-Shirts Hats Exercise towels Pedometers Mugs</li> </ul>	<ul style="list-style-type: none"> <li>• Tickets to shows</li> <li>• Sweatshirts</li> <li>• Fanny packs</li> <li>• Subscriptions to health magazines</li> <li>• Health/Fitness books</li> <li>• Videos/DVD's</li> <li>• Cookbooks</li> <li>• <i>Taking Care Book</i></li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Weekend Getaways</li> <li>• Fitness club memberships</li> <li>• Dinner for two</li> <li>• Clocks</li> <li>• Watches</li> <li>• Gift certificates</li> </ul>