



10% Body Mass Index (BMI) Improvement Verification Form



Associates and enrolled spouses may earn a wellness incentive (\$100 for associates / \$50 for spouses) for improving their BMI during the plan year incentive period by at least 10%.

To earn this incentive, you must submit this form attesting to the 10% BMI improvement to OurHealth during the plan year's incentive period (December 1, 2013 – November 30, 2014).

Rules and further instructions apply as noted below.

GENERAL INFORMATION			
Your Name:		Today's Date:	
Associate Name:		Employee ID:	
INITIAL BMI CALCULATION			
Height (feet' inches"):	Initial Weight:	Initial BMI:	Date Recorded:
CURRENT BMI			
Current Weight:	Current BMI*:		Date Recorded:
SIGNATURE			
I represent that the statements that I have made on this form are true. I acknowledge that if I knowingly, and with intent to mislead or defraud, provide materially false information or conceal for the purpose of misleading, I may be subject to sanctions in accordance with CNO's personnel policies and procedures.			
Printed Name:	Signature:	Date:	

* Please use a BMI calculator like the one found at: <http://www.bmi-calculator.net/> to calculate your current BMI.

Congratulations on your weight loss! You are taking positive steps to improve your health.

To earn the incentive, you must:

- Obtain your initial annual BMI calculation from a licensed medical provider (through biometric screening or annual physical exam) and submit these results to OurHealth.
- Attest to achieving a BMI improvement of at least 10% within the plan year's incentive period by completing this form in its entirety and submitting it to OurHealth by fax to 1-866-422-0915 or email to cno@ourhealth.org by no later than November 30, 2014. OurHealth will verify the BMI calculation prior to granting the incentive.

You are encouraged to have your weight and/or BMI checked at any OurClinics@CNO location, medical office, or fitness facility or through a weight management program (such as Weight Watchers, Jenny Craig, or FUSE).