



## *Northern School District Trust (N.S.D.T.)*

### *Fitness Incentive Program*

Obesity and related chronic illnesses significantly affect worker productivity and health care costs. A healthier workforce is a more productive workforce.

Adults exercising three or more times per week are healthier, and enjoy a better quality of life and go to the doctor less often.

Benefits of regular physical activity:

- Exercise improves your mood
- Exercise combats chronic diseases
- Exercise helps manage your weight
- Exercise strengthens your heart & lungs
- Exercise promotes better sleep



1. Join a health club and ask them to track your attendance on a monthly basis. (Attendance form attached)
2. Go to the club at least 12 days a month. (Only one workout per day counts.)
3. Submit your monthly/qtrly attendance sheets signed by a representative of the health club **by the 15<sup>th</sup>** of the next month to: Fiscal Coordinator, N.S.D.T., 618 Beaser Av, Ashland, WI 54806.
4. You will receive a reimbursement check for \$ 20\* for each month your attendance was 12 or more days.

**Reimbursements will be paid quarterly beginning in Oct. '16**  
(Checks issued between 20<sup>th</sup>-31<sup>st</sup> of the month following the end of the quarter)

\* Maximum reimbursement is \$40 per household per month.



**Northern School District Trust (N.S.D.T.)**

You may photocopy this form for future months

***Fitness Incentive Attendance Record***

**Name:** \_\_\_\_\_ **District:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Health Club:** \_\_\_\_\_ **Month:** \_\_\_\_\_

Date				
(Check off dates attended)				
1		16		
2		17		
3		18		
4		19		
5		20		
6		21		
7		22		
8		23		
9		24		
10		25		
11		26		
12		27		
13		28		
14		29		
15		30		
		31		

**Total For Month:** \_\_\_\_\_

**Signature of Participant:** \_\_\_\_\_

**Signature of Health Club Rep:** \_\_\_\_\_



## Taxability of Health Plan Issued Incentives

According to the Federal Government and Internal Revenue Service, Wellness Incentives are classified as a fringe benefit. Incentive payments for Wellness and Health Club Memberships made in 2014 and forward are treated as taxable income and reported on the employee W-2 as income and are subject to payroll taxes.

You will see withholdings for all incentives issued in the calendar year reflected on your December pay stub. **This will include incentives issued to your eligible family members.**

Withholding will include Social Security and Medicare and may include withholding for federal and state taxes, depending on the number of exemptions you claimed on your W-4.

If you are retired and not receiving a W-2 from the employer sponsored health plan, it is your responsibility to report this income if applicable. You should consult with your tax advisor.