



Done-In-A-Day Incentive Program

Done-In-A-Day (DIAD) is an incentive program sponsored by the City’s Fit2Live program. City employees will have the opportunity to earn DIAD points by participating activities listed below. Points may be redeemed for a variety of incentives such as full/or half days off work, Fitbit, etc. Points may be earned throughout the year, but will expire one-year from being awarded.

Earn Points

by completing or participating in one or more of the following

(Points expire one-year after being awarded)

Annual Flu Vaccine/Shingles Vaccine/ Pneumonia Vaccine/COVID vaccines/boosters: 600 points	Participating actively in employee Monthly challenges: 250 points
Biometric Screening: 1000 points	Prostate Cancer Screening: 600 points
Breast Cancer Screening: 600 points	Ovarian Cancer Screening: 600 points
Dental Cleaning: 500 points	Skin cancer screenings: 600 points
Eye Exam: 500 points Colon Screening: 600 points	Smoking cessation program/services: 600 points
Enrolling in Weight Watchers and attending weigh-ins each week: 700 points	Walks/Fun Runs/bicycle/fitness events approved by Fit2Live: 250 points each
Lung Cancer: 600 points	Pap Smear: 600 points

Incentive Rewards

500 points earn a swag bag\ T-Shirt\Water Bottle\FITKIT\BAND\LUNCH\TOTE	4000 points can earn one full day off work
1500 points can earn extra 30 minutes to lunch	5000 points can earn \$50 check (<i>payroll taxes will be taken out</i>)
2000 points can earn 1/2 day off work	6000 points can earn your name in drawing for a crockpot or Instapot
3000 points can earn you a Fitbit	

Redemption of DIAD Points

Redemption of points for rewards may be requested throughout the year. However, redemption of points for time off must be redeemed within the calendar year they were awarded. (Example: Earned 4000 points between January 6, 2024 and July 15, 2024 must be redeemed for time-off by December 31, 2024; however, points can still be redeemed for other incentives after December 31, 2024 until they expire).