

Carpenters' Staff Wellness Plan Quarterly Incentives (QI) Program:

Incentives Options

Effective July 1, 2015

QI Gift Card options:

- Grocery store
 - Dierberg's
 - Trader Joe's
 - Whole Foods
- Sporting goods
 - Dick's
 - Sport's Authority
 - Nike
 - Adidas
 - New Balance
- Restaurants
 - Crazy Bowls
 - Chipotle
 - Qdoba
 - Canyon Café
- Spa/Manicure/Pedicure
 - Ginger Bay
 - Massage Envy
 - Massage Luxe
- Gym & Boot
 - \$ reimbursement toward a personal gym membership fee
 - \$ reimbursement toward a personal training session with a certified personal trainer
 - \$ toward boot camp (with Emily Z.)
- Family Recreation
 - Sky Zone Indoor Trampoline Park
 - Upper Limits Indoor Rock Climbing Gym
 - Kirkwood Indoor Ice Skating Rink

Level 1: Bronze 140 pts

Earn \$20 in a gift card of your choice by selecting from the gift card options listed above - *OR* save your points and move to the next level for gift cards the next time you meet your QI points.

Level 2: Silver 280 pts

Earn \$50 in a gift card of your choice (listed above) *OR* save your points and move to the next level for prizes the next time you meet your QI points.

Level 3: Gold 420 pts

Earn \$75 in a gift card of your choice (listed above) *OR* save your points and move to the next level for prizes the next time you meet your QI points.

Level 4: Platinum 560 pts

Earn \$120 in a gift card of your choice (listed above) *OR* save your points and move to the next level for prizes the next time you meet your QI points.

Level 5: Diamond 700 pts

Earn \$200 in a gift card of your choice (listed above) *OR* save your points and move to the next level for prizes the next time you meet your QI points.