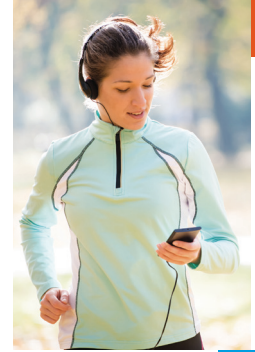


Earn points by completing wellness activities.

Activity	Action to Earn Points	Points/Max/Frequency		
Health Screening	Participate in a free health screening offered through the workplace	100	100	Yearly
Personal Health Profile	Complete your Personal Health Profile	100	100	Yearly
Online Tobacco Affidavit or Tobacco Cessation Program	Certify that you are tobacco-free via the online affidavit or complete a tobacco cessation program online	50	50	Yearly
Online Wellness Workshops	Complete a six-week wellness workshop	20	140	Multiple
Competition/Challenge	Walk America, Choose to Move, Choose to Lose or Walk Yellowstone	40	80	Multiple
Workplace Event	LCIC events ie; submission of annual physical paperwork, onsite wellness seminars, weight management, Spirit of Women, flu shot, dental exam, Health Coaching and Healthy Shopping Course	Varied Point Values	450	Multiple
Wellness Commitments	Commit to 2 wellness commitments- annual physical, 5K run/walk or bike event, no texting while driving, volunteering	75	75	Yearly
Enhanced Wellness Commitments	Get important Preventive Screenings. Eligible screenings include: Breast Cancer, Cervical Cancer, Prostate Cancer, Colon Cancer, Skin Cancer or Vision Exam.	15	45	Yearly
Accessing Health Advocate Wellness Site	Access the wellness website quarterly	10	40	Multiple
Engage with an Advocate	Contact with a Health Advocate	10	40	Multiple
Log Weight	Enter weight once per week	5	150	Weekly
Log Time Exercised	Exercise at least 150 minutes per week	5	260	Weekly
Log Steps	Get 10,000 steps or more each day	1	250	Daily
Log Fruits/Vegetables	Eat 5-7 servings of fruits and vegetables per day	1	200	Daily
Log Water	Enter number of 8 ounce water servings per day	1	200	Daily
Log Sleep	Get at least 6.5 hours a night of sleep	1	200	Daily
Resistance Training	Enter at least 2 times per week	5	200	Weekly



It's simple:
**Get healthy,
earn points,
get rewarded!**