



FINISH STRONG

THERE'S STILL TIME TO ENGAGE IN THESE WELLNESS ACTIVITIES



BIOMETRIC SCREENING+★

50 POINTS
Your biometric screening is a collection of measurements used to assess your overall health. Screening includes blood pressure, cholesterol, triglycerides, blood glucose, weight, height, and waist measurements. Complete at onsite clinic.



HEALTH ASSESSMENT+★

50 POINTS
The Health Assessment is an online tool that gives you a personalized health profile. The assessment covers areas such as diet, exercise, tobacco use, and more. Click on the HEALTH ASSESSMENT tile to complete your assessment and earn points upon completion.



TELEPHONIC HEALTH COACHING+

75 POINTS
Live one-on-one, virtual, or telephonic sessions. This is a coaching experience that will result in healthier habits and an improved you! Schedule anytime by clicking on the TELEPHONIC HEALTH COACHING tile. Points will be awarded upon the completion of four (4) sessions.



SelfHelpWorks ONLINE COACHING+

75 POINTS
More than just education, these programs are designed to eliminate hard-to-break habits and create long-lasting behavior changes through step-by-step behavioral training, which alters a participant's mindset and emotional attachment to these behaviors. Click on the SelfHelpWorks tile to enroll. Points will be awarded upon course completion.



PREVENTIVE SCREENING*

30 POINTS
Upload proof (such as an EOB) in the INCENTIVES & REWARDS tile. Acceptable preventive screenings include an Annual Physical, mammogram, colonoscopy, preventive skin exam, dental, or vision exam. **7 SCREENS; 210 POINTS MAX**



TOBACCO FREE DECLARATION (or RAS)+

25 POINTS
Complete the Tobacco Free Declaration found in the INCENTIVES & REWARDS tile to declare your tobacco status. You can also find a reasonable alternative by clicking the information (i) icon.



PLAN FOR WELLNESS+

10 POINTS
Complete your Health Assessment, then enroll in a Plan for Wellness. Click on the PLAN FOR WELLNESS tile to complete one (1) plan per week to earn points. Points awarded upon completion. **100 POINTS MAX**



HEALTHY/IMPROVED VALUES

15 POINTS
Awarded based on 2022 screening results and 5% improvements from most recent results (2021 or 2020). Waist Circumference - 15 points, Triglycerides - 15 points, HDL Cholesterol - 15 points, Blood Pressure - 15 points, Blood Glucose - 15 points. **75 POINTS MAX**

You're almost there!

★ Mandatory + Access Via Tile * User Upload

PROGRAM END - OCT 31, 2022

\$50 WELLNESS INCENTIVE

Complete Health Assessment & Biometric Screening and earn 300 points by October 31, 2022

\$100 WELLNESS INCENTIVE

Complete Health Assessment & Biometric Screening and earn 400 points by October 31, 2022

⚠ Visit the INCENTIVES & REWARDS tile for a complete list of point earning opportunities.



If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward(s) under this program, email Gilsbar at CustomerService@Gilsbar.com, and we will work with you to develop another way to qualify for the reward.

