

# HEALTHY HABITS

## Points Vary



Earn rewards with **HEALTHY HABITS**.

### EARLY BIRD HEALTH COACHING

20 Points *Complete by 6/30*

### EARLY BIRD REGISTRATION

20 Points  
*Register on myGilsbar by 3/31*

### EARLY BIRD BIOMETRIC SCREENING

20 Points *Complete by 6/30*

### EARLY BIRD HEALTH ASSESSMENT

20 Points *Complete by 6/30*

### UAH ONSITE EVENTS

15 Points

### RACE EVENTS\*

20 Points Per Event, Max 40

### CHALLENGES

30 Points

### FINANCIALLY FIT

20 Points

### PREVENTIVE SCREENING\*

10 Points / Max 30 Points

### BCBS DISEASE MANAGEMENT

25 Points

### BCBS MATERNITY MANAGEMENT

25 Points

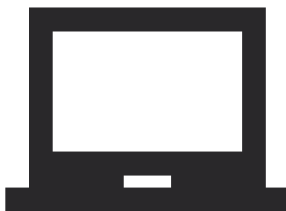
### STEPS LOG

*Minimum 10,000 Steps*  
1Point Per Day/ Max 100 Points  
*\* Verified Sources Only*

### CARDIO LOG

*Minimum 30 Minutes*  
1Point Per Day/ Max 100 Points

## \* UPLOAD INSTRUCTIONS



- 1** Select **WELLNESS UPLOAD VERIFICATION** from the right hand navigation on myGilsbar.
- 2** Select the document type and file to upload.

Program Requirements

More info in the Wellness Center



If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call us at 1-888-472-4352 or email at [customerservice@gilsbar.com](mailto:customerservice@gilsbar.com) and we will work with you to develop another way to qualify for the reward.

