

JAN 01 - OCT 31



# UAH Wellness Program HOW TO EARN POINTS

## MANDATORY COMPONENTS

★ BIOMETRIC SCREENING <sup>+</sup>	50 POINTS
★ HEALTH ASSESSMENT <sup>+</sup>	50 POINTS

## POINT EARNING OPPORTUNITIES

SelfHelpWorks ONLINE COACHING <sup>+</sup>	75 POINTS
TELEPHONIC HEALTH COACHING <sup>+</sup>	75 POINTS
PREVENTIVE SCREENING*	30 POINTS/210 MAX
TOBACCO FREE DECLARATION (or RAS) <sup>+</sup>	25 POINTS
PLAN FOR WELLNESS <sup>+</sup>	10 POINTS/100 MAX
HEALTHY/IMPROVED RESULTS	15 POINTS/75 MAX
WONDR HEALTH / WEIGHT LOSS PROGRAM*	75 POINTS
WELLNESS WEDNESDAYS	30 POINTS
ACTIVITY AND LIFESTYLE CHALLENGES <sup>+</sup>	30 POINTS
BURNALONG <sup>+</sup>	25 POINTS (INITIAL ACCESS)/1 POINT PER DAY /200 MAX
UAH ONSITE EVENT*	30 POINTS
FINANCIALLY FIT (403B SAVINGS)	20 POINTS
RACE EVENTS*	20 POINTS PER EVENT/40 MAX
STEPS LOG	1 POINT PER DAY/PER 10,000 STEPS/100 MAX
CARDIO TRACKER	1 POINT PER DAY/PER 30 MINUTES OF CARDIO/100 MAX
TELADOC UTILIZATION*	25 POINTS/50 MAX
BCBS MATERNITY MANAGEMENT	25 POINTS
DISEASE MANAGEMENT	25 POINTS

- \* User Upload
- + Access Via Tile
- ★ Mandatory

GET WITH THE PROGRAM - JAN. 01 - OCT. 31, 2023

### \$50 GIFT CARD\*

Complete Biometric Screening by October 31, 2023

### \$150 WELLNESS INCENTIVE\*\*

Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2023

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

\*A \$50 Visa Gift Card will be emailed to you upon completion of the biometric screening.

\*\*Those who qualify will receive a wellness incentive applied to the last paycheck of the calendar year.



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

