**MANDATORY COMPONENTS**

- **BIOMETRIC SCREENING**
  - 50 POINTS
- **HEALTH ASSESSMENT**
  - 50 POINTS

**POINT EARNING OPPORTUNITIES**

- **SelfHelpWorks ONLINE COACHING**
  - 75 POINTS
- **TELEPHONIC HEALTH COACHING**
  - 50 POINTS
- **PREVENTIVE SCREENING**
  - 30 POINTS / 210 MAX
- **TOBACCO FREE DECLARATION (or RAS)**
  - 25 POINTS
- **PLAN FOR WELLNESS**
  - 5 POINTS
- **HEALTHY/IMPROVED RESULTS**
  - 15 POINTS / 75 MAX
- **WONDR HEALTH / WEIGHT LOSS PROGRAM**
  - 25 - 100 POINTS
- **WELLNESS WEDNESDAYS**
  - 30 POINTS
- **ACTIVITY AND LIFESTYLE CHALLENGES**
  - 30 - 50 POINTS
- **BURNALONG**
  - 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
- **CARDIO TRACKER**
  - 1 POINT PER DAY / PER 30 MINUTES OF CARDIO
- **TELDAC UTILIZATION**
  - 25 POINTS / 50 MAX
- **BCBS MATERNITY MANAGEMENT**
  - 25 POINTS
- **DISEASE MANAGEMENT**
  - 25 POINTS
- **ComPsych UTILIZATION**
  - 25 POINTS

**GET WITH THE PROGRAM - JAN. 01 - OCT. 31, 2024**

- **$50 GIFT CARD**
  - Complete Biometric Screening by October 31, 2024

- **$150 WELLNESS INCENTIVE**
  - Complete Health Assessment, Biometric Screening, and earn 400 points by October 31, 2024

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

* $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 health spending at the end of the calendar year.