

JAN 01 - OCT 31



UAH Wellness Program HOW TO EARN POINTS

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
TELADOC UTILIZATION*	25 POINTS/50 MAX
BCBS MATERNITY MANAGEMENT	25 POINTS
DISEASE MANAGEMENT	25 POINTS
ComPsych UTILIZATION*	25 POINTS

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

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.

*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 CustomerServe@HealthComp.com, and we will work with you to develop another way to qualify for the reward.

