

FEB 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	75 POINTS
PREVENTIVE SCREENING*	30 POINTS/210 MAX
TOBACCO FREE DECLARATION (or RAS)+	25 POINTS
PLAN FOR WELLNESS+	10 POINTS/100 MAX
HEALTHY/IMPROVED RESULTS	15 POINTS/75 MAX
WONDR HEALTH / WEIGHT LOSS PROGRAM*	75 POINTS
QUARTERLY WEBINAR	10 POINTS/40 MAX
ACTIVITY CHALLENGES+	30 POINTS
LIFESTYLE CHALLENGES+	30 POINTS
UAH ONSITE EVENT*	30 POINTS
FINANCIALLY FIT	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
BCBS DISEASE MANAGEMENT	25 POINTS

* User Upload + Access Via Tile ★ Mandatory

WELL EARNED REWARDS

\$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.

