**MANDATORY COMPONENTS**

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biometric Screening+</td>
<td>50 points</td>
</tr>
<tr>
<td>Health Assessment+</td>
<td>50 points</td>
</tr>
</tbody>
</table>

**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

**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.