

# MYWELLNESS

<b>MYWELLNESS</b>	
<b>PREVENTIVE CARE</b>	<b>POINTS / MAX</b>
Annual Health Exam	100 ea. / 200 max
Dental Exam	100 ea. / 200 max
Vision Exam	100 ea. / 100 max
Flu Shot	100 ea. / 100 max
<b>PROGRAM ACTIVITIES</b>	<b>POINTS / MAX</b>
Educational Meetings	100 ea. / 400 max
Peer Challenges	45 ea. / 225 max
Healthy Events <ul style="list-style-type: none"> <li>• Registration</li> <li>• Community Events</li> <li>• Weekly Challenge Participation</li> <li>• Physical/Mental Fitness 4 days/week</li> <li>• Health and Benefits Fair</li> <li>• Teladoc Registration/Visit (one time only)</li> <li>• Newsletter</li> <li>• EAP Challenges/Activities</li> <li>• Blue Shield Wellvolution</li> <li>• My Strength EAP</li> </ul>	25 points max 45 ea. / 225 max 25 ea. / 225 max 25 mo. / 300 max 100 ea. / 100 max 25 points max  10 ea. / 120 max TBD per event 45 points 45 points
<b>PROGRAM GOAL</b>	<b>1800</b>