

MY WELLNESS POINTS

PREVENTIVE CARE	POINTS / MAX
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
PROGRAM ACTIVITIES	POINTS / MAX
Educational Meetings	100 ea. / 400 max
Healthy Events <ul style="list-style-type: none"> • Registration • Community Events • Weekly Challenge Participation • Physical/Mental Fitness 4 days/week • Teladoc Registration/Visit (one time only) • Newsletter • EAP My Strength • Blue Shield Wellvolution • EAP Webinars/Activities 	25 points max 45 ea. / 225 max 40 ea. / 320 max 25 mo. / 300 max 25 points max 10 ea. / 120 max 45 points 45 points TBA per event
PROGRAM GOAL	1800