

## MY WELLNESS POINTS

PREVENTATIVE 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
<b>Health Events</b>	
Health Fair	100 points
Registration	25 points max
Newsletter	10 ea. / 120 max
Physical/Mental Fitness (30 min, 4 days/week)	25 mo. / 300 max
My Strength EAP	45 points
Teledoc Registration/Visit (one time only)	25 ea. / 25 max
Blue Shield Wellvolution	45 points
AAA- Virtual Education	45 points / 225 max
Step It Up Challenge	100 points / 300 max
Let's Talk About it Podcast	40 ea. / 200 max
Weekly Challenges	TBA per event

*Revised January 25, 2023*