

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. / 500 max
Health Events	
Wellness Program Activity/Challenge	TBD per challenge
Registration	25 points max
Newsletter	10 ea. / 120 max
Physical/Mental Fitness (30 min, 4 days/week)	25 mo. / 300 max
EAP Registration	50 points
Teledoc Registration/Visit (one time only)	25 ea. / 25 max
Blue Shield Wellvolution	50 points
AAA- Virtual Education	50 points / 200 max
Step It Up Challenge	100 points / 400 max
Let's Talk About it Podcast	50 ea. / 400 max

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