

Participation Tasks

CROSSWORD PUZZLE - 25 POINTS

-Located in the monthly WOW newsletter

MONTHLY CHALLENGE - 25 POINTS

-Encourages healthy living in a variety of topics

TAKE TEN SESSION - 25 POINTS

-Education in 10 minutes or less each month

WELLNESS SESSION - 50 POINTS INITIAL THEN 10 POINTS FOR EACH ADDITIONAL

-Body measurements & wellness discussions

MAKING A DIFFERENCE - 25 POINTS

-Donate goods, money, time or blood

RANDOM ACTS OF KINDNESS - 25 POINTS

-Kindness is free! Sprinkle it everywhere!

RUNNING/FITNESS EVENT - 25 POINTS

-Complete an event that gets your body moving

BLUE STREAK PRIDE 5K - 50 POINTS

-Saturday, October 1: complete it or volunteer

EMPLOYEE WELLNESS FAIR - 100 POINTS

-Wednesday, October 5 in the SHS cafeteria

Physical Activity

10 points each week for 120 minutes or 50,000 steps

Mindfulness

10 points each week for 75 minutes

Social Media

10 points each week for commenting on Wellness Wednesday posts in the SCS Employee Wellness Facebook group or sharing your own post

Wellness Actions

BIOMETRIC SCREENING - 100 POINTS

-Attend a screening appointment in August 2022 or return a completed form from your physician

BLOOD PRESSURE - 25 POINTS

-Goal: <140/90

GLUCOSE - 25 POINTS

-Goal: <100

LDL OR CHOL/HDL RATIO - 25 POINTS

-Goal: LDL <130 or Ratio <5.0

BMI OR BODY FAT % - 25 POINTS

-Goal: BMI <29.9 or gender/age body fat goal

HEALTH ASSESSMENT - 50 POINTS

-Online through Medical Mutual

FLU VACCINE - 50 POINTS

-Annually at wellness fair or Rite Aid voucher

TOBACCO FREE - 50 POINTS

-Points for not currently using any tobacco products

PREVENTIVE CARE VISIT - 100 POINTS

-Annual wellness visit with your physician

PREVENTIVE CARE TESTING - 100 POINTS

-Examples include mammogram, pap test, colonoscopy, prostate, skin, cardiac screening, etc.

VISION SCREEN - 100 POINTS

-Annual vision exam

DENTAL CLEANING - 50 POINTS

-Biannual dental exam

Wellness Competitor

1100 wellness points: \$25 wellness dollars

Wellness All Star

1800 wellness points: \$50 wellness dollars

Wellness Champion

2500 wellness points: \$100 wellness dollars

WELLNESS POINTS SYSTEM