WELLNESS POINTS SYSTEM

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 &/or wellness discussions with Brandis Stout, RN or Michelle Cleland, RD
MAKING A DIFFERENCE - 25 POINTS
-Donate goods, money, time or blood
RANDOM ACTS OF KINDNESS - 25 POINTS
-Kindness is free! Sprinkle it everywhere!
FITNESS/WELLNESS EVENT - 25 POINTS
-Complete an event that gets your body moving or assists with your wellness initiatives
EMPLOYEE WELLNESS FAIR - 100 POINTS
-Tuesday, October 13 from 2:00 - 5:00 PM in the Global Education Center at Sandusky Intermediate School
WELLNESS BOOK BINGO - 100 POINTS
-Read books on the BINGO board to complete a BINGO!
YOU'VE BEEN MUGGED - 25 POINTS
Spreading cheer within your building with this fun & simple activity

Social Media

10 points each week for commenting on Wellness Wednesday posts in the SCS Employee Wellness Facebook group or completing the Google form in the weekly email

Physical Activity

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

Mindfulness

10 points each week for reaching 70 minutes

Wellness Actions

EMPLOYEE HEALTH SCREENINGS - 100 POINTS
-Attend a screening appointment on 7/14/26, 7/23/26 or at Corporate Health through the end of July 2026.
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 - 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 the wellness fair or at any pharmacy
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

Tier One: 1100 wellness points: $25 wellness dollars
Tier Two: 1800 wellness points: $25 wellness dollars
Tier Three: 2500 wellness points: $50 wellness dollars

Receive each prize once you hit the point level for each tier. Earn up to $100 wellness dollars!

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