



# 2016 WELLNESS POINT STRUCTURE

## Overall Structure

REQUIREMENTS	DEADLINE	REWARD
Complete CORE requirements (details below)	6.30.2016	\$70.00 cash payout
Achieve 1000 points (CORE + BONUS)	12.15.2016	\$35.00 cash payout
Attend Motivator Imprint Webinars (3 max – \$15.00 each)	12.15.2016	\$45.00 cash payout

## CORE Requirements:

ACTIVITY	POINT VALUE
Biometric Health Screenings (April)	200
Motivator Imprint Assessment (on-line)	200
Motivator Imprint Coaching 1 <sup>st</sup> quarter Webinar	200
<b>Total Possible Points</b>	<b>600</b>

**BONUS Points:** All activities can be logged in starting on 1.1.2016 – except the Preventive Screenings which can date back to 10.1.2015

ACTIVITIES	POINT VALUES
<b>Qualifying under the Biometric Screening</b>	200
<b>Workouts</b> – 1 point – 50 points per quarter	200
<b>Tobacco Free / Cessation</b> – once per year	200
<b>Volunteer Work</b> – 100 points – twice per year	200
<b>Blood Donation</b> – once per year	200
<b>Flu Shot</b> – once per year	200
<b>Preventive Screening</b> – once per year-see details on back	200
<b>Dental Cleaning</b> – 100 points – twice per year	200
<b>Miscellaneous Activity</b> – TBD	200
<b>Motivator Imprint 2<sup>nd</sup>, 3<sup>rd</sup>, &amp; 4<sup>th</sup> quarter Webinars</b> – 200 points each	600
<b>Total Possible Points</b>	<b>2400</b>

**TWO PRIZE DRAWINGS  
JUNE AND DECEMBER**

## QUALIFYING PREVENTIVE SCREENINGS

**MAMMOGRAM**

**PAP SMEAR**

**VISION EXAM**

**SKIN CANCER CHECK**

**PROSTATE SCREENING**

**TESTICULAR SCREENING**

**COLONOSCOPY**

**BONE DENSITY TEST**

## REQUIREMENTS FOR PHN DOCUMENTS AND RECEIVING POINTS FOR ACTIVITIES/WEBINARS

### **VOLUNTEER**

Your name, date, activity, minutes, signed off by activity director, time of day (must not be during work hours)

### **MOTIVATOR IMPRINT WEBINARS, MISCELLANEOUS ACTIVITIES**

Sign in sheet at event

### **PREVENTIVE SCREENINGS, DENTAL CLEANINGS, FLU SHOT, BLOOD DONATION, TOBACCO CESSATION**

Your name, date, location, procedure  
PLEASE – NO TEST RESULTS

June Drawing – One entry in a drawing for completing all three CORE Requirements

December Drawing – One entry in a drawing for a yearly point minimum of 2000 points  
- Point totals must include the 1000 points available for ALL the  
“MOTIVATOR IMPRINT WEBINARS AND THE ASSESSMENT”  
in order to be eligible for the December drawing

**PRIZES TO BE ANNOUNCED!!**

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program due to a health condition, you might qualify for an opportunity to earn the same reward by different means. Contact us at [tecampbell@sucap.org](mailto:tecampbell@sucap.org) or [shalsband@sucap.org](mailto:shalsband@sucap.org) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.