



2018 WELLNESS POINT STRUCTURE

Overall Structure

REQUIREMENTS	DEADLINE	REWARD
Biometric Health Screening – Prize drawing entry for screening – APRIL 20, 2018	5.15.2018	\$70.00 cash payout
Qualify under the Biometric Screening – Prize drawing entry for all who qualify	5.15.2018	\$30.00 cash payout
Achieve 2000 Points (Core and Bonus)	12.15.2018	\$50.00 cash payout

CORE Requirements:

BONUS Points: All activities can be logged in starting on 1.1.2018 - EXCEPT the Preventive Screenings which can date back to 10.1.2017

ACTIVITY	POINT VALUE
Biometric Health Screenings	500
Preventive Screening	400
Dental Cleaning	400
Total Possible Points	1300

ACTIVITIES	POINT VALUES
Qualifying under the Biometric Screening	400
Workouts – 4 point – Maximum of 200 points per quarter	800
Tobacco Free / Cessation – once per year	400
Volunteer Work – 200 points – twice per year – outside of SUCAP	400
Blood Donation – once per year	400
Flu Shot – once per year	400
Dental Cleaning – Second cleaning during the year	400
SPRING and FALL events – 800 points each	1600
Participation - FRIENDS OF HEAD START – 200 points – twice per year	400
Total Possible Points	5200

PRIZE DRAWINGS
 One for Screening - One for Qualifying
 One Mid-year - One End of Year

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 EVENTS	Sign in sheet
PREVENTIVE SCREENINGS, DENTAL CLEANINGS, FLU SHOT, BLOOD DONATION, TOBACCO CESSATION	Your name, date, location, procedure PLEASE – NO TEST RESULTS

June Drawing – One entry for completing a minimum of two out of three CORE Requirements PLUS 800 BONUS points

December Drawing – One entry for earning
a minimum of 2600 points which MUST
INCLUDE the 1300 points for ALL three CORE requirements!

CHECK PAYLOCITY FOR ANNOUNCEMENTS ON UPCOMING EVENTS AND PRIZES!!

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 or 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.