



# Points To Wellness Activities

Wellworks<sup>For You</sup>



## Points To Wellness

Points To Wellness allows an organization to creatively design a program of events for the year, while associating a certain amount of points to each event. The employee must reach a certain point goal to receive their incentive at the end of the benefit year.

### SAMPLE

YEARLY OBJECTIVES		
PROGRAM	POINT VALUE	DETAILS
Complete the General Health Assessment*	25	Must be completed by December 1 <sup>st</sup>
Annual Preventative Exam*	25	Visit your PCP and submit a "Proof of Visit" form to Wellness Coordinator
CHALLENGES		
PROGRAM/EVENT	POINT VALUE	DETAILS
Yearly Walking Challenge	20	Walk 700,000 steps by December 1 <sup>st</sup>
8 or 12-Week Wellness Challenge	20	Examples: Pedometer, Biggest Loser, etc.

EVENTS		
PROGRAM/EVENT	POINT VALUE	DETAILS
Onsite Speaker(s)	20	Sign participation sheet
Onsite Preventative Screenings	20	Sign participation sheet
Race Participation**	20	Minimum distance of 5k (Limit 1 race per year)
Completion of a Weight Management Program**	25	Examples: Weight Watchers, Nutrisystem, etc.)
Membership to Gym, Athletic Facility, Studio or Health Club**	25	Minimum of 100 visits by December 1 <sup>st</sup>

\*The General Health Assessment and the Annual Preventative Visit **MUST** be completed in order to qualify for the incentive

\*\*Participants must provide verification of Program/Event completion.

## Activities Wellworks Can Track

Wellworks For You has designed a robust tracking system to monitor employee participation and rewards. This system is tied to the Wellworks Online Wellness Portal and gives employees the opportunity to see what they have participated in throughout the year and the incentives they have earned.

- Health Assessments on Portal
- Preventative Exams (Physical, Mammogram, OB/GYN, Dental, Flu Shots, etc)
- "Know Your Numbers" (Tracking vitals in Portal)
- Registration on the Wellness Portal
- 8-12 Week Challenges (Two per year)
- Submit a Healthy Recipe
- Attend Fitness Classes (Onsite, at home, or at gym)
- Race Participation
- Cube to 5K Program
- Wellness Check-ins
- Yearly Walking Challenges
- Membership to Gym, Health Club or Athletic Facility
- Onsite Preventative Screenings (Biometrics, Blood Draws, etc.)
- Onsite (and recorded) Presentations
- Onsite Health Coach
- Onsite Health Fair
- Onsite Smoking Cessation Programs
- And More!