



REAL RESULTS FOR REAL PEOPLE.

ACHIEVE 400 LIFESTYLE REWARDS POINTS

ACTIVITY	POINTS PER ACTIVITY	MAXIMUM POINTS	VALIDATION
HEALTHY HABITS			
Track Weight (Once Weekly)	5	65 per quarter	Approved automatically - Track your weight once a week to earn points.
Achieve 30 Minutes of Activity per Day or 8,000 Steps per Day	1	180 per quarter	Approved automatically - Points will be awarded when you achieve the activity goal.
Track Nutrition Daily	1	90 per quarter	Approved automatically - Track what you eat per day to earn points.
Complete a Company Wellness Challenge	20	40 per quarter	Approved automatically - Track at least once a week on your myHealthCheck360 app during the challenge to earn points.
PREVENTATIVE CARE			
Preventative Exam/ Screening (Dental, Eye, Physical, Skin Cancer, Colon Cancer, PAP, Mammogram, Bone Density [age 60+], PN Vaccine [age 65+]).	25	25 per quarter	Upload – Upload a document showing you completed your preventative care visit.
Biometric Screen (once per year)	30	30	Approved Automatically - Points will be awarded when your results are in the HC360 system.
Health Risk Assessment Survey (once per year)	30	30	Approved Automatically - Points will be awarded when you complete your survey.
Influenza Vaccine (once per year)	10	10	Approved Automatically - Points will be awarded when you complete your survey.
EMPLOYEE ENGAGEMENT			
Recognize a Co-Worker	10	10 per quarter	Approved Automatically - Points will be awarded when your results are in the HC360 system.
Attend a Lunch & Learn	10	10 per quarter	Approved Automatically - Points will be awarded when you complete your survey.



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Health Selfie	10	10 per quarter	Upload – Upload a document showing you completed the activity.
Watch a HealthCheck360 Webinar	10	10 per quarter	Approved Upon Submission - Points will be awarded after you submit activity.
HEALTHY EVENTS			
Blood Drive	15	15 per quarter	Upload – Upload a document showing you completed the activity.
Complete a 5K (Live or Virtual)	15	15 per quarter	Upload – Upload a document showing you completed the activity.
Health4U Program Completion (one time only)	50	50	Upload – Upload a document showing you completed the activity.

Lifestyle Rewards will be given out quarterly this year. October 1, 2020 – Decembet 31, 2020 will be the first quarter with a reward of \$40 Chamber Gift Certificate for those that achieve 400 points.

Premium Incentives for those with RAMC insurance – to start for 2021 monthly premiums

Employee:

- \$60 off their 2021 monthly insurance premium by scoring 75 or more points out of 100
- \$30 off their 2021 monthly insurance premium by scoring < 75 out of 100

Spouse/Domestic Partner:

- \$15 off their 2021 monthly insurance premium by scoring 75 or more points out of 100
- \$10 off their 2021 monthly insurance premium by scoring < 75 out of 100