

Mount Aloysius College

2015 Healthy Points

Wellness Rewards Program



9-Month Points-Based Program
September 1, 2015 – May 31, 2016

Complete any
of the
activities
listed to earn
points



REQUIRED:
Wellness Profile
Earn 25 Points

To Complete
Program:
Earn 100
Total Points

ACTIVITES	OPTIONS (POINTS)
Screenings (Self-Reported)	Physical Exam (10) Mammogram (10) OB/GYN exam (10) Dental (10) Vision (10) Colorectal (10) Flu Shot (10) Tobacco-Free (10)
WebMD Tools (System Generated Credit)	*Required* Wellness Profile (25) Personal Health Record Add/Edit (5) Health Trackers Add/Edit (5) Set Goal My Health Assistant (10 each; max of 20) Weekly Progress My Health Assistant (10 each; max of 20) Set Goal Health Coaching Program (25) Complete Assessments (Back & Neck Pain, Cardiovascular, Diabetes Care Plan, or Stress) (10 each; max of 40) Download Daily Victory Application (10) Select Activity to track using Daily Victory App (10) Download Weigh Today Application (10) Weigh in using Weigh Today App (10) Register Fitbit Device (10)
Worksite Activities and Employer-Sponsored programs (Self-Reported)	Physical Activity/Fitness (10) Nutrition (10) Weight Management (10) Stress Management (10) Tobacco Cessation (10) Maternity (10) Health Fair Attendance (10) Safety (10) Miscellaneous (10)

imagine
A HEALTHIER YOU

