

PATH TO POINTS

EARN \$200

2022 Last Push for Points: No matter where your health journey begins there's still time to earn cash. Here's some ideas to top off your year-to-date activity by December 31 to earn \$25 (25,000 points), \$100 (35,000 points), or even go the final stretch to reach the full \$200 (50,000 points).

Upon Enrollment

Activity	One-time points
Complete registration	1,000
Complete the Health Check survey	1,000
First login to mobile app	250
Connect first activity device	200
Set a wellbeing goal	200
Invite 5 colleagues to join	250
Add 5 friends	250
Add a profile picture	100
Connect MyFitnessPal calorie tracker	100
Total	3,350 points

Daily

Activity	Daily points
Complete 2 Daily Cards	40
Track 3 Healthy Habits	30
Take 14,000 steps	140
Track sleep manually	10
Sleep >7 hours in a night via synced device or app	50
Browse healthy recipes	10
Complete a step in Journeys®	20
Daily calorie tracking via MyFitnessPal	20
Complete a RethinkCare session	20
Daily total	340 points

Winter Corporate Challenge

Activity	Challenge points
Join the Winter Corporate Challenge	100
Track at least 1x/week during the challenge	100
Post a chat 1x/week during the challenge	50
Total	250 points

Monthly

Activity	Monthly points
Create a personal challenge	50
Win the promoted Healthy Habit Challenge	200
Self-entered measurements	50
Track calories 20 days/mo.	300
Complete 20 RethinkCare sessions/mo.	200
Track sleep 20 days/mo. via synced device	200
Track Healthy Habits 20 days/mo.	300
Complete 20 Daily Cards	200
Monthly total	1,500 points

Quarterly

Activity	Quarterly points
Set your interests	100
Choose your eating type	250
Choose your sleep profile	250
Complete a Journey	150
Total (1 quarter remains)	750 points

Yearly

Activity	Yearly points
Complete 4 preventive care activities @ 500 pts/ea	2,000
Annual Physical Bonus	5,000
Complete Healthwaves Mini Health Screen	1,000
Medical Carrier Website Enrollment	250
Complete Rally Health Survey (UHC) or Sharecare Real Age Survey (BCBS)	500
Complete the Nicotine-Free Agreement	100
Complete 4 wellness webinars @ 250 pts/ea	1,000
Total	9,850 points

Grand total = 16,040 + points!*

*Start November 1 to earn 36,780 points & reach Level 3 (\$100) by December 31.
Start December 1 to earn 26,580 points & reach Level 2 (\$25) by December 31.