



2020 Proton Better You Strides Point Checklist

Required Activities	Points	Max Points Available
Personal Health Assessment	100	100
Biometric Screening via Quest OR Flu Shot	100	100
Additional Activities	Points	Max Points Available
Back in Motion (Back Injury Prevention Program)	50	50
Onlife Digital Self-Guided Programs	50	200
Onlife Personal Challenge Programs	25	200
Obtain a Preventive Screening (Group-Reported)	50	100
Annual Wellness Exam with Primary Care Physician (Group-Reported)	50	50
Wellness Champions (Register as a Wellness advocate for your department)	100	100
Chronic Disease Programs	100	200
Employee Wellness Diabetes Self-Management Program	100	100
Employee Wellness Challenges/Step Challenges	50	200
Onsite Coaching - Meet with Employee Wellness Health Coach	25	100
Mental Health First Aid Training	100	100
Wellness Challenge (Fall Wellness Challenge)	50	100
Complete a Race - 5k or Greater (Group-Reported)	50	50
Participate in Proton Wellness Events	10	200

