



# Start Earning Rewards Today!

**Earn 500 points by Nov. 15**

## REQUIRED ACTIVITIES

Activities	Points	Max Points Available
Online Personal Health Assessment	100	100
Flu Vaccination (self-reported)	100	100

## ADDITIONAL ACTIVITIES

Self-Reported Activities	Points	Max Points Available
COVID-19 Vaccination Booster	100	100
Annual Wellness Exam	100	100
Preventive Screening (colonoscopy, mammogram, dental cleaning, eye exam, etc.)	50	100
Run a Race/Gym Membership/First Coast Games	50	100

Employee Wellness Activities	Points	Max Points Available
Biometric Screening (OPTIONAL)	100	100
Meet Target Blood Pressure from Biometric Screening (<120/<80)	50	50
Meet Target Cholesterol Ratio from Biometric Screening ( $\leq 5.0$ )	50	50
Nutrition Counseling	50	200
Mental Health First Aid (1-day program)	100	100
Employee Wellness Challenges	50	400
Wellness Activities (including WellnessTV Webinars)	20	400
Health Coaching	50	200
Health Management Programs (Heart Smart, Nourished Life, Diabetes Boot Camp, etc.)	100	200
Weight Watchers Membership (three months or more)	50	50
Wellness Champions (Become an advocate for your department)	100	100
Better You Strides Online Activities (self-guided programs, personal challenges, connect a device, etc.)	Point values may vary. Visit the Better You Strides platform to learn more.	