

HEALTHY LIFESTYLE ACTIVITY POINTS MENU

Category	Program Name	Points
	COVID-19 Vaccination (fully vaccinated)	50
	100 Pushup Challenge	20
	200 Lunge Challenge	20
	Seasonal Fitness Challenge	10 - 60
	Stretch Don't Strain Challenge	5 - 15
	30 Day Back to Healthy Nutrition Challenge	
	Eat Right For Life Challenge	20
	Eat Smart: Fruit & Veggie Challenge	15 - 25
	Wear Red Day & Heart Healthy Quiz	5
	Aetna Online Wellness Program (Journey)	25
	Banner Health Diabetes Prevention & Education Center (DPEC) Workshops	10
	BeWell Benefits & Wellness Workshops	10
	Health Assessment	50
	Health Tracks Health Coaching	15
	Health & Wellness Fair	5
	Online Presentations & Quizzes	5
	SmartDollar Financial Wellness Program	50
	Wellness Workshops	10
	12 Days of Wellness Challenge	10
	Aetna In Touch Care Program	15
	Aetna Maternity Program	50
	Blood Donations	5
	Community Event Participation	5
	Community Event Volunteer	5 - 20
	Do the Five Wellness Campaign	10
	Diabetes Prevention Program (DPP)	10
	Great American Smokeout	5
	Happiness Challenge	5 - 15
	Healthy Living Program (CDSMP)	50
	<i>These Preventive Exams/Screenings will be capped at 50 points per reporting year. *</i>	
	Age Appropriate Routine Immunization*	25
	Annual Physical Exam*	50
	Colorectal Preventive Exam*	50
	Dental Preventive Cleaning*	25
	Dental Preventive Exam*	25
	Flu Shot*	25
	Mammography Preventive Exam*	50
	Prostate Preventive Exam*	50
	Routine Preventive Lab Panel*	50
	Skin Cancer Screening*	50
	Vision Preventive Exam*	25
Well Adult/Women Exam*	50	
	Stress Less Blood Pressure Challenge	15
	No Weight Gain Challenge	20 - 30