

## Examples on How to Collect 40 Wellness Points

Note: To achieve a minimum discount on your health insurance premium, an annual physical is required

### Example 1 –

APPROVED WELLNESS ACTIVITIES	POINTS	COMPLETED
<b>Annual Physical</b> Earn one (1) bonus point for the current year if completed by June 30 <sup>th</sup> . Bonus points to be added at the end of each fiscal quarter.	0 Points	0
<b>PREVENTIVE</b>		
<b>Age/Gender Appropriate Screenings</b> <ul style="list-style-type: none"> <li>• Cervical Cancer Screening</li> <li>• Breast Cancer Screening</li> <li>• Prostate Cancer Screening</li> <li>• Colorectal Cancer Screening</li> </ul>	20 Points	
<b>Flu/ COVID/ Shingrix Vaccinations (Max 6 points)</b>	2 Points Each	
<b>Dental Exam and Cleaning (Max 10 points)</b>	5 Points Each	10
<b>Dermatology Exam (skin check/skin cancer screen)</b>	5 Points	
<b>Vision Exam</b>	5 Points	
<b>PHYSICAL ACTIVITY</b>		
<b>Exercise Log (Max 12)</b> 3 days of 20 minutes cardio and 2 days of 15 minutes of strength training each week	1 Point Per Week	4
<b>Featured Fitness Class (Max 5)</b>	1 Point Per Session	1
<b>Publicly Sponsored Fitness Events - Run, Walk, Bike (Max 2)</b>	1 Point Each	1
<b>LIFESTYLE</b>		
<b>Non-Nicotine Attestation</b>	5 Points	5
<b>Nicotine Cessation Program</b>	10 Points	
<b>Weight Loss/Management Program</b> This program is offered through the Wellworks For You portal	5 Points	
<b>Employee Assistance Program (EAP) Visit (Max 3)</b>	1 Point Per Visit	
<b>Nutrition Coaching (Max 5)</b>	1 Point Per Visit	2
<b>SASD Sponsored Events</b>		
<b>Financial Wellness Planning (Max 2)</b>	1 Point Each	
<b>Back to School Bash</b>	2 Points	2
<b>Early Bird– (Deadline September 30<sup>th</sup>)</b> Points will be applied towards next year's program in November 2024	2 Points	
<b>OTHER</b>		
<b>SASD Newsletter Quiz (Max 3)</b>	1 Point Each	3
<b>Wellworks For You Newsletter Quiz (Max 5)</b>	1 Point Each	5
<b>Wellworks For You E-Learning (Max 3)</b>	1 Point Each	1
<b>Blood Donation</b>	1 Point	1
<b>Plasma Donation</b>	1 Point	
<b>Self-Care/Stress Relief (Max 2)</b>	1 Point Each	2
<b>Wellness Challenges (Max 8)</b> Details of the wellness challenges will be announced during the wellness year.	1 -3 Points Each	4
<b>Advanced Directive/Living Will (Max Lifetime 5 Points)</b>	5 Points	
	<b>TOTAL</b>	<b>41</b>

## Example 2 –

APPROVED WELLNESS ACTIVITIES	POINTS	COMPLETED
<b>Annual Physical</b> Earn one (1) bonus point for the current year if completed by June 30 <sup>th</sup> . Bonus points to be added at the end of each fiscal quarter.	0 Points	0
<b>PREVENTIVE</b>		
<b>Age/Gender Appropriate Screenings</b> <ul style="list-style-type: none"> <li>Cervical Cancer Screening</li> <li>Breast Cancer Screening</li> <li>Prostate Cancer Screening</li> <li>Colorectal Cancer Screening</li> </ul>	20 Points	20
<b>Flu/ COVID/ Shingrix Vaccinations (Max 6 points)</b>	2 Points Each	4
<b>Dental Exam and Cleaning (Max 10 points)</b>	5 Points Each	5
<b>Dermatology Exam (skin check/skin cancer screen)</b>	5 Points	
<b>Vision Exam</b>	5 Points	5
<b>PHYSICAL ACTIVITY</b>		
<b>Exercise Log (Max 12)</b> 3 days of 20 minutes cardio and 2 days of 15 minutes of strength training each week	1 Point Per Week	3
<b>Featured Fitness Class (Max 5)</b>	1 Point Per Session	1
<b>Publicly Sponsored Fitness Events - Run, Walk, Bike (Max 2)</b>	1 Point Each	1
<b>LIFESTYLE</b>		
<b>Non-Nicotine Attestation</b>	5 Points	5
<b>Nicotine Cessation Program</b>	10 Points	
<b>Weight Loss/Management Program</b> This program is offered through the Wellworks For You portal	5 Points	
<b>Employee Assistance Program (EAP) Visit (Max 3)</b>	1 Point Per Visit	
<b>Nutrition Coaching (Max 5)</b>	1 Point Per Visit	2
<b>SASD Sponsored Events</b>		
<b>Financial Wellness Planning (Max 2)</b>	1 Point Each	
<b>Back to School Bash</b>	2 Points	
<b>Early Bird– (Deadline September 30<sup>th</sup>)</b> Points will be applied towards next year's program in November 2024	2 Points	
<b>OTHER</b>		
<b>SASD Newsletter Quiz (Max 3)</b>	1 Point Each	3
<b>Wellworks For You Newsletter Quiz (Max 5)</b>	1 Point Each	5
<b>Wellworks For You E-Learning (Max 3)</b>	1 Point Each	1
<b>Blood Donation</b>	1 Point	1
<b>Plasma Donation</b>	1 Point	
<b>Self-Care/Stress Relief (Max 2)</b>	1 Point Each	2
<b>Wellness Challenges (Max 8)</b> Details of the wellness challenges will be announced during the wellness year.	1 -3 Points Each	2
<b>Advanced Directive/Living Will (Max Lifetime 5 Points)</b>	5 Points	
	<b>TOTAL</b>	<b>60</b>

## Incentive Table –

ACTIVITY ACHIEVED	PREMIUM SHARE INCENTIVE
No Participation	23 Percent
BOTH Employee AND Spouse complete an annual physical exam	15.6 Percent
BOTH Employee AND Spouse complete an annual physical exam and EITHER Employee OR Spouse earn 40 wellness points	14 Percent
BOTH Employee AND Spouse complete an annual physical exam and BOTH Employee AND Spouse earn 40 wellness points	12 Percent