



## Wellness Points Program Quarterly Log

This is different from the Wellness Tier Program

This log is due quarterly to accumulate points. Refer back to the Wellness Opportunities information, if needed. There will be no points earned when logs are turned in after the deadline. Your timeliness is very much appreciated.

Annual Exams Activity	Date	Points Available	Points Earned	Initials
Colonoscopy		25 points		
Annual Physical		15 points		
Annual Blood Draw		15 points		
Health Risk Assessment		10 points		
Mammogram or Pap Smear		10 points		
Prostate Specific Antigen (PSA)		10 points		
PSA with DRE (Digital Rectal Exam)		15 points		
Annual Dental Exam		5 points		
Flu Shot		5 points		
Hearing or Vision Screening		3 points		

Physical Fitness Activity (Be sure to follow minimums in manual)	Date	Points Available (175 Required)	Points Earned	Initials
Exercise a minimum of 30 minutes a day		50 point		
Exercise programs – 8 to 10 weeks		30 points		
General Exercise for Health and Wellness		1 point for 20 minutes		
Employee Leader of a walking group		20 points		
Play on an organized sports team		25 points		
Golf 18 holes without cart		10 points		
Golf 9 holes without cart		5 points		
Take a Yoga, Pilates, Aerobic, Dance, Karate, Consecutive 6 week series (1 hour classes)		25 points - 2 classes a wk 15 points - 1 class a wk		
Great Outdoor Activity		10 points		
Walk a designated trail (any public park, etc)		5 points per walk		
5K Run/Walk		10 points		
10K Run/Walk		15 points		
½ Marathon or Marathon Run/Walk		20 points for half/30 points whole		

Nutrition Activity (Follow Minimums)	Date	Points Available	Points Earned (90 Required)	Initials
Water requirement		3 points/week		
Fruit requirement		3 points/week		
Veggie requirement		3 points/week		

Educational Activity	Date	Points Available	Points Earned	Initials
Weight Mgmt Program – 6 to 10 wks		40 points		
Weight Mgmt Program – 11 to 20 wks		50 points		
Risk Reduction Program		25 points		
Smoking Cessation Program		25 points		
Georgia Quit Line		20 points		
Attend the Wellness Fair		10 points		
Fitness Center orientation		5 points		
Defensive Driving Course		5 points		
Healthy Hour presentation		5 points		
CPR, First Aid, other safety program		5 points		
BCBS on-line course		3 points		
Random seatbelt check		3 points		

Community Activity	Date	Points Available	Points Earned (50 MAX)	Initials
Coaching or refereeing a sport team		10 points		
Donate blood		5 points each time		
Alex Machine Donation		10 points		
Volunteer for charity, event, church		5 points (1 per quarter)		
Sandy Creek work day		5 points (1 per quarter)		

Life Enrichment Activity	Date	Points Available	Points Earned (25 Max)	Initials
Athens Creative Theatre		5 points each		
Arts Center Gallery Exhibition		5 points each		
Sandy Creek Nature Center Program		5 points each		
Pottery, art, writing, or music class		5 points for series		
Life Enrichment Course		5 points for series		
Continuing Education Course		5 points for series		

Employee Name \_\_\_\_\_

Date \_\_\_\_\_

Please print

Department \_\_\_\_\_

Phone Number \_\_\_\_\_

By signing this form I verify that the above information is correct. I understand that misreporting of any of my activities will result in withholding of WellPoints.

Employee Signature \_\_\_\_\_

Send your Quarterly Activity Log to Human Resources, attention DeeDee Gaines.

Note: If you are also participating in the Wellness Tier you may not count activities for both programs.

