

# Wellpoints Opportunities FY' 09

## Yearly Preventative Screenings (Once per fiscal year for each screening)

Colonoscopy	25 points
Annual Physical	15 points
Annual Blood Draw	15 points
Health Risk Assessment	10 points
Mammogram	10 points
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 Screening	3 points
Vision Screening	3 points

## Physical Activity (must have a minimum of 175 physical activity points to be eligible for insurance reduction)

Exercise a minimum of 30 minutes a day 3 to 4 times a week 10 to 12 consecutive weeks	50 points Turn in Quarterly Log for credit
Exercise programs consisting of a minimum of 8 to 10 weeks (Walk Georgia is an example)	30 points Turn in Quarterly Log for credit
General Exercise for Health and Wellness Examples: walking, jogging, lifting weights, etc.)	1 point for 20 minutes of Activity (MAX of 50 points per quarter for self-directed exercise) Turn in Quarterly Log for credit
Employee Leader of a walking group, fitness class Minimum of 6 weeks, 2 to 4 times a week	20 points for the 6 week series Report number of participants, type of class, etc on log form
Play on an organized sports team Must participate in 80% of games & practices	25 points per season Indicate type of sport on log form
Golf 18 holes without cart Golf 9 holes without cart	10 points 5 points
Take a Yoga, Pilates, Aerobic, Dance, Karate, etc Consecutive 6 week series (1 hour classes)	25 points for 2 classes a week for a period of at least six weeks 15 points for 1 class a week for a period of at least six weeks
Kayaking, canoeing, skiing, skating, cycling, hiking – great outdoor activities	10 points Max per trip
Walk a designated trail (any public park, etc)	5 points per walk
Participate in a run/walk event 5K, 10K or marathon event	5K event – 10 points      10K event – 15 points Half Marathon – 20 points      Marathon – 30 points

**Nutrition: (must have a minimum of 90 nutrition points to be eligible for insurance reduction)**

Drink a minimum of 4 – 8oz glasses of water 4 days a week – Pure water, no flavored waters	3 points per week – no limit on number of weeks
Eat a minimum of 2 servings of fruit per day 4 days a week – dried fruit is acceptable	3 points per week – no limit on number of weeks
Eat a minimum of 3 servings of vegetable per day 4 days a week = 8 cups of veggies a week	3 points per week – no limit on number of weeks
<b>Nutrition Notes: Don't cheat yourself!</b>	
<ul style="list-style-type: none"> <li>Fried fruits and vegetables DO NOT count.</li> <li>Juice must be 100% fruit or vegetable juice.</li> <li>Only 1 serving of vegetable juice or fruit juice allowed toward daily requirement of fruit or vegetables.</li> </ul>	
Serving size guide: Servings are smaller than you think! Be careful.	
<ul style="list-style-type: none"> <li>1 serving of veggies = 1 cup of raw veggies, ½ cup cooked, chopped or canned veggies or ¾ cup juice</li> <li>1 serving of fruit = 1 small/medium piece of fruit, ½ cup cooked, chopped or canned fruit or ¾ cup juice</li> </ul>	
Call Wellness Coordinator if you have a question about nutrition	

**Wellness (Educational Opportunities) Classes**

Weight Management Program Walk-A-Weigh, Weight Watchers, etc	40 points - 6 to 10 week program 50 points - 11 to 20 week program
Risk Reduction Program Employees selected by HR based on multiple high risks	25 points for series of 7 weeks
Complete a Smoking Cessation Program Instructor will need to sign your log	25 points for program
Self referral to the Georgia Quit Line, 12 weeks active Smoking cessation, phone based support	20 points for the quarter
Attend the Wellness Fair in the Spring	10 points
Attend Fitness Center orientation (1 time only credit) Employees do not have annual orientation	5 points
Complete a Defensive Driving Course	5 points
Healthy Hour presentations	5 points
Complete a CPR, First Aid or other safety program	5 points
BCBS on-line course – Read, watch, listen or review material & take tests	3 points each class
UGACC Random seatbelt check Get caught in the act!	3 points

**Community Involvement** (Maximum of 50 community involvement points allowed)

Coaching or refereeing a sport team	10 points per season
Donate blood for the American Red Cross	5 points each time
Donate using the Alex Machine	10 points – need ARC staff to sign form
Volunteer for a recognized charity or event	5 points – 1 per quarter maximum
Sandy Creek work day	5 points – 1 per quarter maximum

**Life Enrichment Programs** (Maximum of 25 life enrichment points allowed)

Attend an Athens Creative Theatre Performance	5 points each
Attend a Lyndon House Arts Center Gallery Exhibition	5 points each
Attend a Sandy Creek Nature Center Program	5 points each
Attend a pottery, art, writing, or music class	5 points for series session (not per class)
Attend a life enrichment or continuing education course	5 points for series session (not per class)

**Buddy System**

Encourage someone to join the program. Once he or she reaches 50 points, you will earn 25 points!

Be sure to report name of buddy and support them through the year.

There is a one time credit for points per “buddy”.

Wellness Points Program activities may not be counted for Wellness Tier Program activities. These are two separate programs.

**Please note: If you would like to receive Wellpoints for an activity not listed here, please contact the Wellness Coordinator at 706-613-3090 x. 1125 to determine eligibility and point allocation.**