



# HEALTHY REWARDS PROGRAM GUIDE

## EARN UP TO 25,050 POINTS OR MORE PER YEAR!

Complete the activities outlined in our healthy rewards program to earn points throughout the year. You can earn up to 25,050 points or more each year. The points you earn can be redeemed for THOUSANDS of reward options in the online rewards portal!

### USER JOURNEY **POINTS**

Attend/View the Rewards for Wellness Launch	<b>1,000</b>
Download and Register on the GoPivot App	<b>1,000</b>
Sync Fitness Tracker	<b>500</b>
Complete Profiles (Exercise and Nutrition)	<b>500</b>
Complete User Journey	<b>1,000</b>

### DAILY + MONTHLY POINTS **POINTS**

Daily Exercise	<b>500</b>
Daily Steps:	
10,000 steps	<b>500</b>
7,500 steps	<b>400</b>
5,000 steps	<b>300</b>
Daily Mini Activity 25/600	<b>600</b>
Daily Financial Wellness Activity 25/500	<b>500</b>
Daily Gratitude Practice 25/600	<b>600</b>
SMILE Survey	<b>400</b>
Monthly Wellness Educational Video	<b>400</b>
Monthly Participation Bonus (4 activities)	<b>400</b>

### QUARTERLY POINTS + BONUSES **POINTS**

Participate in Company Quarterly Challenges	<b>500</b>
Volunteer/Community Service	<b>350</b>
5K/Organized Race	<b>350</b>
Steps Bonus	<b>250</b>
Exercise Bonus	<b>250</b>

**ANNUAL POINTS (EXAMS + PROGRAMS)****POINTS**

Annual Physical	<b>5,000</b>
Dental Exams (2 per year)	<b>500</b>
Vision Exam	<b>500</b>
Colonoscopy	<b>10,000</b>
PSA	<b>2,000</b>
Mammogram	<b>2,000</b>
Cervical Cancer Screening	<b>2,000</b>
Vaccination	<b>500</b>
Donate Blood	<b>350</b>
CPR Certification	<b>350</b>
Open Enrollment Attendance	<b>500</b>
Tobacco Cessation Program	<b>2,000</b>
Health Coaching Program	<b>2,000</b>
Healthy Pregnancy Program	<b>2,000</b>
Disease Management Program	<b>2,000</b>