

2019 ASCEND TO WHOLENESS POINTS

80 REQUIRED POINTS

ACTIVITY POINTS

September 1, 2018 - July 31, 2019

80 points

The Online Wellness Assessment and the Biometric Screenings are benefits that help you take control of your numbers, not a requirement for eligibility anymore.

Activity Points Opportunities

POINTS

AWARDED

HEALTHY HABITS

Preventive Service with Physician or Dentist	Annual Physical or Age/Gender Screening	20	Yearly
Vaccinations	Flu, Pneumonia, Shingles, Tetanus	10	Per Vaccine
Wellness Activity Short	Short Session (less than 3 Hrs)	4	Daily
Wellness Activity Long	longer Session or Group Session (3 Hrs or more)	10	Daily

WORKSHOPS

Online Workshops	Stress Management, Women's Health, Men's Health	10	Per Program
	Short Video Webinars	2	Per Program

POINTS TRACKERS

Fruits & Vegetables	1	Per Day
Water Tracker	1	Per Day
Exercise Log	2	Every 30 min
Steps Log	2	Every 5000 Steps
Food Log	2	Per Week
Weight Log	2	Per Week

Some activities have a plan year maximum.

Go to Wellness portal for more details on points and maximums through:

www.AscendToWholeness.org

