

ASCEND TO WHOLENESS POINTS

80 REQUIRED POINTS

ACTIVITY POINTS

September 1 - July 31

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

