



Ways to earn Wellness Points

The following activities are how participants earn wellness points. Examples, reporting daily steps and weight (either by smart device or manually) earns you 10 points per day. Each education quiz (there are 30) has 5 questions and you'll earn 10 points per correct answer. Getting your annual physical and dental exam, as well as completing an online health assessment earns you 100 points per.

With over 5,800 possible points to earn in the 16-week program, we make it easy to earn 4,000 points!

Activity	Points	Activity	Points
Walking: Self-reported	10	40-History of Yoga	10
Exercise: Self-reported	10	41-Yoga: Sun Salute	10
Weight Management	10	42-Breathing	10
Quiz 1: Diabetes	10	43-Meditation	10
Quiz 2: Are you at risk?	10	44-Depression	10
Quiz 3: Prediabetes	10	45-Be Positive!	10
Quiz 4: Strategies	10	46-Stress Reduction	10
Quiz 5: Type 1 diabetes	10	47-Getting Organized	10
Quiz 6: Type 2 diabetes	10	48-Humor	10
Quiz 7: Insulin medication	10	49-Resiliency	10
Quiz 8: Glucose monitoring	10	50-Qualifying for a mortgage	10
Quiz 9: Diet and Exercise	10	51-College Tuition	10
Quiz 10: Foot care	10	52-401k's	10
Quiz 11: Healthy Eating	10	53-Living off paychecks	10
Quiz 12: Weight-loss goals	10	54-Building Good Credit	10
Quiz 13: Ketone testing	10	55-Identity Theft	10
Quiz 14: Diabetic ketoacidosis	10	56-Investments	10
Quiz 15: Hyperglycemia	10	57-Mind over Money	10
Quiz 16: Hypoglycemia	10	58-Financial Planning	10
Track Biometrics	50	59-Tax Tips	10
Community Partner Reward 1	50	Event Type 1	50
Community Partner Reward 2	100	Event Type 2	75
30-Know Your Numbers	10	Event Type 3	100
31-Metabolism	10	Health Club Attendance	10
32-Nutrition	10	B-Fit - Personal activity tracker	10
33-Kidney Health	10	B-Fit - Personal scale	10
34-Stress	10	Shared IHealth Bluetooth Scale	10
35-Sleep	10	iHealth Labs Glucometer	10
36-Diabetes	10	Annual Physical Completed	100
37-Asthma	10	Oral Health Dentist Completed	100
38-Heart Disease	10	On-line Health Assessment	100
39-Skin Cancer	10	Flu Shot Received	100