

# Wellness Points & Rewards

Make sure to participate in the various HealthBeat activities throughout the year to collect certificates, race bibs/race times, etc. to be eligible for great rewards! See below for activities you will need to participate in to collect points.

## 150 Point Activity:

- Participate in the 2016 Health Screening

## 125 Point Activities:

- **St. Bernards Fitness Challenges**
  - There will be 3 fitness challenges throughout the year. Earn 125 points for each challenge you complete.
- **Diabetes Education Program**
  - For individuals who meet the diabetes education program criteria and choose to participate in the program.
- **Diet Master Pro**
  - Participate in the Diet Master Pro Program.
- **Blue and You Fitness Challenge**
  - Earn 30-184 points for completing sessions in the Blue & You Fitness Challenge.

## 75 Point & Under Activities:

- **Races-75 points**
  - Earn 75 points when you complete a 5K. Earn 125 points when you complete a 10K or above or an equivalent bike ride.
- **Life Health Coach Program**
  - Earn 75 points each time you meet with the Life Health Coach to set your semi annual goals.
- **Monthly Exercise-25 points**
  - Receive 25 points each month that you exercise at least 12 times that month. You can print the information at Health & Wellness or off your phone apps such as Fitness Pal and Lose It.
- **HealthBeat Education Classes-25 points**

### GOLD TIER (500+ POINTS)



HealthBeat Fleece Vest



HealthBeat 1/4 Zip Fitness Pullover



HealthBeat Polo



HealthBeat Picnic Basket Cooler

### SILVER TIER (400 POINTS)



HealthBeat Blender Bottle



HealthBeat Cooler Tote



HealthBeat Gym Bag



HealthBeat Stainless Steel Tumbler

### BRONZE TIER (300 POINTS)



HealthBeat Sport Bottle



HealthBeat Baseball Hat



HealthBeat Lunch Bag

**Accumulated points can be redeemed for various awards listed above at the end of the program.**

**\*Points do not roll over to the next year and must be redeemed by December 31, 2016.**

**Please call Amy Findley with any questions at 207-5113.**