

Enjoy the rewards of going ALL in on your health.

Earn your rewards for 2020 by completing the activities below.

ACTIVITY	ACTIONS	DUE DATE	VALUE	EARNING FREQUENCY
INCENTIVE ACTIVITIES				
Annual Preventive Physical	Download the Preventive Physical Form from www.mympcwellallways.com , bring to your appointment and submit afterward.	12/31/2020	\$400 for employees who complete the physical and Health Assessment \$200 for eligible spouses and domestic partners	1x/year
Online Health Assessment	Complete the online Health Assessment at www.mympcwellallways.com .	12/31/2020	\$400 for employees who complete the physical and Health Assessment Spouses/qualified domestic partners earn 100 points.	1x/year
QUARTERLY CHALLENGES				
StayWell Step Challenge	Track 10,000 steps on at least 20 days during the challenge.	Online event runs Q1 3/1-3/31/2020	250 points	1x/year
StayWell Sleep Challenge	Track 8 hours of sleep on at least 20 days during the challenge.	Online event runs Q2 5/1-5/31/2020	250 points	1x/year
StayWell Brain Break Challenge	Track 10 minutes of mindful activities on at least 20 days during the challenge.	Online event runs Q3 8/1-8/31/2020	250 points	1x/year
StayWell Nutrition Challenge	Track 5 fruits and vegetable servings on at least 20 days during the challenge.	Online event runs Q4 11/1-11/30/2020	250 points	1x/year
ONLINE ACTIVITIES				
e-Learning Session Completion	Complete an e-learning session online at www.mympcwellallways.com . New session each month!	12/31/2020	10 points/session (up to 10 sessions)	10x/year
Physical Activity Tracking	Track any of the below physical activity goals for 20 days total across 2020 and record your progress in the portal. <ul style="list-style-type: none"> · Core Strength and Flexibility · Interval Training · Dynamic Stretching · Strength 	12/31/2020	50 points for every 20 days of activity tracked. (up to 100 points)	2x/year
HEALTH COACHING				
Health Coaching	Complete 3 calls virtually or telephonically with a health coach to help you with goals like quitting smoking, managing stress, sleeping better and more.	12/31/2020	250 points	1x/year
PREVENTIVE CARE				
Annual Flu Shot	Record the name of your health care provider and the date on the My Current Progress tab in your wellness portal account.	12/31/2020	50 points	1x/year
Preventive Dental Visit	Record the name of your health care provider and the date on the My Current Progress tab in your wellness portal account.	12/31/2020	100 points	1x/year
Annual Eye Exam	Record the name of your health care provider and the date on the My Current Progress tab in your wellness portal account.	12/31/2020	100 points	1x/year
Age/Gender Appropriate Screenings	Earn 100 points by completing a gender and age appropriate screening (e.g., mammogram, colonoscopy, etc.)	12/31/2020	100 points	1x/year
OTHER				
Community Health Activities	Participate in a local community event (e.g., 5K, team walk, triathlon).	12/31/2020	25 points per activity (up to 4 events)	4x/year
Tobacco Free Attestation	Log on to your wellness portal account and enter your initials and the date to attest to your tobacco-free status.	12/31/2020	100 points	1x/year
Well at Work Activities	Participate in a wellness event at your location (e.g., Health Fair, presentation, workshop, walking).	12/31/2020	Employees only: 25 points (up to 4 events)	4x/year

FOUR CHANCES TO WIN A \$50 GIFT CARD

Earn 250 points during these dates: Quarter 1: 1/1-3/31/20 Quarter 2: 4/1-6/30/20 Quarter 3: 7/1-9/30/20 Quarter 4: 10/1-12/31/20

Additional bonus drawing for those who reach 1,000 total points or more in 2020!

Register for the wellness portal from StayWell at www.mympcwellallways.com today to see your activity options and track your progress. You'll find all the details in the My Current Progress tab.