

Activities Menu 2024-2025 (Period 2)

Domains	Activities	MyBenefitsChannel (MBC)	Credits	Verification
Mandatory	Check-In—all participants will need to complete this activity in MyBenefitsChannel	Self-certify	10	
Attendance	NEW: Perfect attendance!!! Participants that have perfect attendance at work.	HR will certify	50	
Special Activity	Fall Step Challenge! Details will be shared.	Counselors will certify	25	
Special Activity	Heart Health Challenge during the month of February! Details will be shared.	Counselors will certify	25	
Health	Chiropractic visit	Self-certify	80	Upload documentation
Health	Annual wellness exam	Self-certify	45	Upload documentation
Health	Preventative / Specialty exams (i.e. mammogram, etc.)	Self-certify	75	Upload documentation
Health	B-12 shot at the JMCSS School Clinic @ JCT only (one shot per period)	Self-certify	10	Upload documentation
Health	Vaccines (i.e., flu, COVID, pneumonia, etc.) Choose 2 Max	Self-certify	10	
Health	Dental exam	Self-certify	45	Upload documentation
Health	Vision exam	Self-certify	45	Upload documentation
Health	Certify you have lost 10 lbs. or more by the end of Period 2	Self-certify	30	Upload documentation
Nutrition	Engage in a weight management program (i.e., Nutrisystem, Jenny Craig, Weight Watchers, etc.)	Self-certify	100	Upload documentation
Nutrition	Increase fruits & vegetables for 8 weeks	Self-certify	30	
Nutrition	Increase H2O intake for 8 weeks	Self-certify	30	
Nutrition	Substitute fatty meats with lean meats during Period 2	Self-certify	30	
Nutrition	Meatless Monday: commit and track not eating meat on Mondays during Period 2	Self-certify	30	
Physical Activity	Muscle Strengthening: log in 2 times per week for 8 weeks	Self-certify	20	
Physical Activity	Aerobic Walking: Go on a walk 4 times a week for 8 weeks	Self-certify	20	Upload documentation
Physical Activity	Engage in 75 minutes of moderate to vigorous aerobic activities each week for 8 weeks	Self-certify	30	Upload documentation
Physical Activity	Join a gym or fitness center	Self-certify	90	Upload documentation
Physical Activity	Attend the gym or fitness center 20 times during Period 2	Self-certify	80	Upload documentation
Physical Activity	Meet a daily 10K step goal for 8 weeks	Self-certify	40	Upload documentation
Self-Care	Get a massage	Self-certify	80	Upload documentation
Self-Care	Acupuncture session	Self-certify	80	Upload documentation
Self-Care	Practice meditation 2 times a day for 8 weeks	Self-certify	10	
Self-Care	Stress: Log in stress levels 4 times per week for 8 weeks	Self-certify	20	
Self-Care	Read self-care materials/literature (i.e., mental, physical, recreational, spiritual, emotional, etc.)	Self-certify	10	
Self-Care	Manicure/Pedicure	Self-certify	50	Upload documentation
Self-Care	Get 6-8 hours of sleep daily for 8 weeks	Self-certify	10	
Wellness Courses	Complete 5 (max) Wellness Education courses w/ post quiz	Self-certify	30	Upload certificates
Financial Health Courses	Complete 5 (max) courses in the "Financial Fitness Bootcamp"	Self-certify	25	Upload certificates
Mental Health Courses	Complete 5 (max) Stress & Mental Health educational courses	Self-certify	30	Upload certificates
Disconnect from Tech	Reduce your recreational social media screen time to 5 hours per week for 8 weeks	Self-certify	25	
Disconnect from Tech	Limit your television screen time to 10 hours per week for 8 weeks	Self-certify	25	
Social Awareness	Volunteer in the community 3 times during Period 2	Self-certify	30	Upload documentation

Period 2 Credits & Perfect Attendance: November 1 – February 28