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Point Earning Opportunities

Portal Set Up

Activity	Rules	Points
✔ Annual Log In / First Time Experience	Once a year	200
✔ Daily Log In	Once a day	365 max

Preventive Actions

Activity	Rules	Points
✔ Health Risk Assessment	Once a year	750
✔ Tobacco Free	Once a year	500
✔ Biometric Screening	Once a year	750
✔ Preventive Doctor's Visit	Once a year	1,000
✔ Flu Shot	Once a year	500
✔ Breast Cancer Screening	Once a year	500*
✔ Cervical Cancer Screening	Once a year	500*
✔ Colon Cancer Screening *Points roll over into consecutive program years until the next screening test is due, per age/gender guidelines	Once a year	500*

Education / My Health Library

Activity	Rules	Points
✔ Videos, Articles, Interactive Tools, Action Sets, Decision Points	No limit	25 each
✔ Digital Health Coaching: Tobacco Cessation, Blood Pressure, Cholesterol	Once a year	100 for enrollment 500 for completing 3 coaching sessions

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Data Tracking

Activity	Rules	Points
✓ **Connect a Device:** Fitness Tracker, Nutrition Tracker, Sleep Tracker, Weight Scale, Glucose Tracker, Blood Pressure Tracker	**Once per year per device**	**250 each**
✓ **Daily Tracking: Fitness, Nutrition, Sleep, Weight, Glucose, Blood Pressure** *Manual tracking is available for members without a device, although it cannot be used in conjunction with a device	**Once per day per device OR manual entry*** *Manual tracking must be completed each day. Data cannot be backdated.	**5 each**
✓ **Daily Step Tracking Goals Met:** Members earn points for any range of step goals met	**Once per day via device OR manual entry**	1 - 4,999 steps = **5 points** 7,500 - 9,999 steps = **30 points** 10,000 steps = **50 points**
✓ **Daily Workout Tracking Goals Met:** Members earn points for calories burned within a single workout, in addition to step tracking goals.* *Please note calorie tracking (calories burned) is different from nutrition tracking (calories consumed).	**Once per day via device OR manual entry***	1 - 99 calories burned = **5 points** 100 calories burned = **20 points** 300 calories burned = **30 points** 500 calories burned = **50 points**

Health Outcomes

Biometric Screening Results	250 Points	100 Points	0 Points
✓ **Glucose**	**≤ 99**	**100 - 125**	**≥ 126**
✓ **BMI**	**≤ 27.4**	**27.5 - 29.9**	**≥ 30**
✓ **Cholesterol Ratio**	**≤ 4.4**	**4.41 to 5.5**	**≥ 5.51**
✓ **Blood Pressure**	**< 119 systolic AND < 79 diastolic**	**120 - 139 systolic AND / OR 80 - 89 diastolic**	**≥ 140 systolic AND / OR ≥ 90 diastolic**

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Condition Management

Activity	Rules	Points
✔ **Doctor's Tests:** A1c, Lung Function Test	**Once per year per test**	**500* each** *A1C only applies if member is diagnosed with Diabetes *Lung function test only applies if member is diagnosed with Asthma and/or COPD
✔ **Medication adherence:** Prescription adherence for following conditions: Asthma, COPD, Depression, Diabetes, Heart Failure	**Once per month**	**25 each** **300 max points per medication**
✔ **Doctor's VIsit for:** Asthma, COPD, CVD, Depression, Diabetes, Heart Failure, Hypertension, Hyperlipidemia, Obesity, Tobacco Use	**Once per year per condition**	**1,000 each**
✔ **Doctor's Lab Tests:** Lipid Panel, Blood Sugar	**Once per year per test**	**250* each** *Lipid panel only applies if member is diagnosed with Diabetes, Heart Disease (CAD), Hypertension, Hyperlipidemia, CVD, Obesity and/or Heart Failure *Blood sugar only applies if member is diagnosed with Diabetes
✔ **Doctor's Lab Tests:** Serum Creatinine Test, Urine Microalbumin Test	**Once per year per test**	**100* each** *Only applies if member is diagnosed with Diabetes

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