

Monthly Wellness Participation Checklist:

Complete this page and return it along with all documentation to health@fsd145.org to be sure you receive credit in the proper categories for the month. **You may not use one activity in multiple areas. Example: one 30 minute class at the gym cannot count as 30 minute workout points + class points for that one particular activity.** Points for the current month are due by the end of the following month.

Name: _____

Month/Year: _____

Categories and documentation required* (check each category you are submitting for this month):

- 10,000 steps/day, 30 Minutes Moderate Exercise or Gym Workouts – 50 points (per month)**
12 times per month
**Use of home equipment may count towards your points. Include a photo of your home equipment, the date, time used and type of activity. (Minimum 30 minute workout)*
- Group Fitness Class – 4 times per month 50 points (per month)**
**Verified by monthly class attendance printout or calendar initialed by class instructor. Virtual class is an option. Include the title of the class along with the date, time and type of activity. (Minimum of 30 minutes in length per class.)*
- Annual Wellness Exam/Physical 100 points (per year) if included blood work**
50 points (per year) no blood work
**Verification form must be signed and submitted or EOB provided.
Appointments dated 6/1/25 – 5/31/26 will count for this year's program.*
- Annual Dental Exam 50 points (per year)**
**Verification form must be signed and submitted or EOB provided.
Appointments dated 6/1/25 – 5/31/26 will count for this year's program.*
- Annual Vision Exam 50 points (per year)**
**Verification form must be signed and submitted or EOB provided.
Appointments dated 6/1/25 – 5/31/26 will count for this year's program.*
- Monthly Challenge 100 points (per month)**
** Monthly Challenge must be completed according to challenge criteria.*
- BCBSIL – Health Assessment 50 points (per year)**
**Complete the Well onTarget Health Assessment found on your bcbsil.com personal portal. Submit verification. One assessment per year.*
- BCBSIL Educational Challenge/Calm Health Clinical 50 points (per month)**
**Complete a Well onTarget Challenge or Program found on your bcbsil.com personal portal or Calm Health Clinical found on the Calm Health App. Submit a screenshot of the completed program. One challenge/program per month.*
- BCBSIL – Register for MDLive 50 points (per year)**
**Register for MDLive or show proof that you are already registered.*
- Full or Half Marathon 150/100 points (per year)**
10K or 5K Walk/Run 75/50 points (per year)
**Submit your race information and confirmed completion time.*
- Calm Health App Enrollment 50 points (per year)**
**Submit proof of your Calm Health app enrollment.*
- Anxiety Detox Enrollment 50 points (per year)**
**Submit proof of your Anxiety Detox enrollment.*