



Activities Menu Period 2 November 1, 2025 - February 28, 2026

Domains	Activities	Documentation Upload Required	Credits	Certification Method
Events	JMCSS District-wide Event (February 13, 2026) at School/Office Sites	No	25	Self Scan Certify at Event
Attendance	Perfect Attendance	No	50	HR Will Certify
Period Check-In	Complete this Activity in My Benefits Channel (11/01/25-11/17/25)	No	10	Self-Certify in MBC
Health	Specialist Exam/Visit (i.e., chiropractor, dermatologist, cardiologist, etc.)	Yes	80	Self-Certify in MBC
Health	Wellness Exam	Yes	45	Self-Certify in MBC
Health	Shot/Vaccine (i.e., B-12, flu, COVID, pneumonia, etc.) - 1 Shot Per Period	Yes	30	Self-Certify in MBC
Health	Dental Exam	Yes	45	Self-Certify in MBC
Health	Vision Exam	Yes	45	Self-Certify in MBC
Health	Lose 10lbs or More by the End of Period 2	Yes	30	Self-Certify in MBC
Nutrition	Engage in a Weight Management Program (i.e., Nutrisystem, Jenny Craig, Weight Watchers, etc.)	Yes	100	Self-Certify in MBC
Nutrition	Increase Fruits and Vegetables for 8 Weeks	No	25	Self-Certify in MBC
Nutrition	Increase Water Intake for 8 Weeks	No	25	Self-Certify in MBC
Nutrition	Substitute Fatty Meats with Lean Meats During Period 2	No	25	Self-Certify in MBC
Nutrition	Momentum Mondays; Commit & Track a Decrease of Sugar/Sweets on Mondays for Period 2	No	25	Self-Certify in MBC
Nutrition	Decrease Caffeine Intake for 8 Weeks (i.e., coffee, energy drinks, tea, etc.)	No	25	Self-Certify in MBC
Nutrition	Daily Vitamin/Nutritional Supplement for 8 Weeks	No	10	Self-Certify in MBC
Physical Activity	Muscle Strengthening: Minimum 2 Times per Week for 8 Weeks	No	20	Self-Certify in MBC
Physical Activity	Attend a Physical Activity Class 10 Times During Period 2 (i.e., step, yoga, jazzercise, pilates, etc.)	No	25	Self-Certify in MBC
Physical Activity	Aerobic Walking: Minimum 4 Times per Week for 8 Weeks	No	20	Self-Certify in MBC
Physical Activity	Engage in 75 Minutes of Moderate to Vigorous Aerobic Activities Each Week for 8 Weeks	Yes	30	Self-Certify in MBC
Physical Activity	Join a Gym or Fitness Center	Yes	90	Self-Certify in MBC
Physical Activity	Attend the Gym or Fitness Center 20 Times During Period 2	Yes	80	Self-Certify in MBC
Physical Activity	Meet a Daily 10K Step Goal for 8 Weeks	Yes	40	Self-Certify in MBC
Self-Care	Get a Massage	Yes	80	Self-Certify in MBC
Self-Care	Manicure/Pedicure	Yes	50	Self-Certify in MBC
Self-Care	Acupuncture Session	Yes	80	Self-Certify in MBC
Self-Care	Skin Care Treatments and Services (i.e., facial, exfoliation, microdermabrasion, etc.)	Yes	80	Self-Certify in MBC
Self-Care	Practice Meditation 2 Times per Day for 8 Weeks	No	10	Self-Certify in MBC
Self-Care	Read Self-Care Materials/Literature (i.e., mental, physical, recreational, spiritual, etc.)	No	10	Self-Certify in MBC
Self-Care	Get 6-8 Hours of Sleep Daily for 8 Weeks	No	10	Self-Certify in MBC
Self-Care	Therapy/Counseling/Behavioral Health Session	No	10	Self-Certify in MBC
Self-Care	Financial Fitness Videos (MBC Links) (Up to 2 Videos for Total of 20 Credits Max)	No	10	Self-Certify in MBC
Disconnect from Tech	Reduce Your Recreational Social Media Screen Time to 5 Hours per Week for 8 Weeks	No	25	Self-Certify in MBC
Disconnect from Tech	Limit Your Television Screen Time to 10 Hours per Week for 8 Weeks	No	25	Self-Certify in MBC
Social Awareness	Participate in or Host 5 Family/Friend Events During Period 2 (i.e., dinner, trip, outing, etc.)	No	25	Self-Certify in MBC
Social Awareness	Volunteer in the Community 3 times During Period 2	No	25	Self-Certify in MBC

***MBC = My Benefits Channel**