

2009 WellPoints Incentive Program (Revised June 23, 2009)

Category	Activity	WellPoints	Annual Max
Preventive	Biometric Screening	5	5
	Routine Preventive Exams: <ul style="list-style-type: none"> • Routine Physical Exam • Routine Mammogram • Routine Gynecological Exam • Colonoscopy • Bone Density Scan • Routine PSA Test • Routine Dental Exam (1 point per annual exam) • Routine Vision Exam 	3 3 3 3 3 3 1 2	16
	Flu Shot	1	1
Exercise/Physical Activity	12-13 physical activity sessions per month (Includes individual and group exercise as defined below). Only one session per day.	2 per month	22
	14-15 physical activity sessions per month (Includes individual and group exercise as defined below). Only one session per day.	3 per month	33
	16-18 physical activity sessions per month (Includes individual and group exercise as defined below). Only one session per day.	4 per month	44
	19 or more physical activity sessions per month (Includes individual and group exercise as defined below). Only one session per day.	5 per month	55
	Physical Activity Guidelines (Abbreviated List – Not All Inclusive)		
	<ul style="list-style-type: none"> <li style="width: 33%;">• Cardio Session <li style="width: 33%;">• Weight Lifting <li style="width: 33%;">• Hiking <li style="width: 33%;">• Swimming <li style="width: 33%;">• Aqua Aerobics <li style="width: 33%;">• Canoeing <li style="width: 33%;">• Aerobic Class <li style="width: 33%;">• Racquetball <li style="width: 33%;">• Mowing Lawn – Push <li style="width: 33%;">• Tennis <li style="width: 33%;">• Golf- Walking <li style="width: 33%;">• Landscaping <li style="width: 33%;">• Walking/Running <li style="width: 33%;">• Yoga, Pilates 		
Challenges	Individual or Group Fitness Challenges	TBA	Unlimited
Education	Onsite attendance or DVD review	2	Unlimited
Other	Massage Therapy	1 per visit	12
	Health Fair Participation	1	1
	CPR/First Aid Training or Current Certification	2 annually	2
	Smoking Cessation Program Completion	3	3
	Active Participation in a Structured Weight Mngt Program	1 per month	12
	Attainment of a Wellness Goal	1 per month	2
	Serve as a Wellness Champion	1 per month	12
	Bonus Activities – To Be Announced		

Incentives

- 1) Complete Online Health Assessment: \$100 Annual Health Insurance Premium Discount
- 2) Non-Tobacco User: \$100 Annual Health Insurance Premium Discount
- 3) WellPoints Program
 - Earn 70 WellPoints: \$200 Annual Health Insurance Premium Discount
 - Earn 60 WellPoints: \$150 Annual Health Insurance Premium Discount
 - Earn 50 WellPoints: \$100 Annual Health Insurance Premium Discount