

	Quantity	Incentive Value
Biometric Screening or Physician Form	1	25
<b>Activities</b>		
Read book from Wellness Library	5	10 (each)
Physical – Well Woman or Well Man Exam	1	25
Vision Exam	1	10
Dental Exam	2	10
Shots (Tetanus, Pneumonia, Flu, etc.)	1	10
Donating Blood	6	20
Wellness Webinars *2 Webinars *1 eLearning *2 Videos Blue Cross Blue Shield Media Library, must have certificate printed after completion.	5	10 (each)
Physical Activity Log – Must submit a physical activity log. There is one made available if needed.  *It is recommended to get at least 120 minutes of exercise every week. MUST get 360 minutes/month to receive points.	12	10 (each)
USD 498 Valley Heights Wellness BINGO Challenges	12	10 (each)
Valley Heights Monthly Recycling	12	20 (each)
Valley Heights Donations	10	20
Volunteer 2 hours Must submit form for documentation.	10	20
<b>Points required to earn incentive</b>	<b>150</b>	