



How to earn points:

Standard Activities

The charts below show the points value of the many activities available. Standard activities fall within three categories: Assessments, Prevention, and Wellbeing. Points shown are for an individual member in a program year.

Assessments

Understanding the member's health risks and needs

Activity	Points per activity
Onboarding assessment	75 once per lifetime
Health assessment	500 once per year
Health assessment early completion bonus	250 once per year
Physical activity assessment	75 once per year
Mental wellbeing assessment	75 once per year
Financial wellbeing assessment	75 once per year
Muscle and joint health assessment	75 once per year
Healthy eating assessment	75 once per year
Caregiver assessment	75 once per year

Wellbeing

Activities to engage members which includes recommended focus areas and goals

Activity	Points per activity
Articles	10 up to category max
Goals	5 each up to 15 per day
Videos	10 up to category max
Jumpstart prompts	10 once per month
Reflection prompts	10 once per week
Health FYI webinars	50 each up to category max
Self-reported workout	5 per day
Light workout	5 per day
Gym workout	10 per day
Standard workout	10 per day
Advanced workout	15 per day
Athletic event & sports league	50 per day
Category maximum: 10,000 points Max one workout per day. We will award only the highest-level workout.	

Status

Status is determined by the number of points that you earn based on the activities in which you partake.

BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts

Prevention

Primary & secondary clinical prevention activities to reduce/freeze health risk

Activity	Points per activity
Flu shot	200 once per year
COVID vaccine	200 once per lifetime
Tetanus vaccine	200 once every ten years
HPV vaccine	200 once per lifetime
Shingles vaccine	200 once per lifetime
Pneumonia vaccine	200 once per lifetime
Dental cleaning	400 twice per year
Breast cancer screening	400 once every two years
Cervical cancer screening	400 once every three years
Colon cancer screening	400 once every five years
Lung cancer screening	400 points per year
Height and weight measures	125 once per year
Blood pressure measure	125 once per year
Blood glucose measure	125 once per year
Cholesterol measure	125 once per year
BMI outcome	1,000 once per year
Blood pressure outcome	600 once per year
Cholesterol outcome	600 once per year
Glucose outcome	600 once per year
Tobacco use outcome	725 once per year