

Wellness Point System

7/1/18-6/30/19

Log points on the SWellness Website: www.clarkebenefits.com/swellness
A Total of 40 Points = 1 full day off of work (please coordinate with your Supervisor)

An Apple a Day:

1. Keep a nutrition log for everyday during an entire **month** (4 points)
 - a. *Must use log on the [swellness online page](#) – click Super Tracker or My Fitness Pal App*
2. Attend any health eating/cooking classes- **1x/quarter** (1 point)
3. Download and utilize a water consumption tracker App for an entire month (4 points)

Under Pressure:

4. Blood Pressure screening **1x/year** (1 point)
5. Get a Massage **1x/quarter** (2 points)
6. Participate in a stress relieving activity of your choosing – minimum of 30 minutes – **2x/quarter** (1 point)
 - a. *Examples: hiking, meditating, golfing, crocheting, fishing, etc.*

What's Up Doc:

7. Have an annual physical/ Pap Smear/ Prostate Exam **1x/year** (2 points)
8. Receive a Mammogram **1x/year** (4 points)
9. Get a Colonoscopy **1x/year** (6 points)
10. Get a dental check-up **2x/year** (2 points)
11. Get an EKG **1x/year** (2 points)
12. Receive a biometric screening **1x/year** (3 points)
 - a. *can be done with physical*
13. Eye check-up **2x/year** (2 point)
14. Get a flu shot **1x/year** (2 points)

Giving Back:

15. Donate blood **2x/year** (3 points)
 - a. *CMCC location for Red Cross Blood Drive quarterly*

16. Donate plasma **1x/quarter** (5 points)
17. Participate or volunteer at a community service event (1 point/event) (Max- 4 points/year)
18. Join/Renew a membership to a club or organization (3 points/club)
 - a. *ex. Rotary, Junior League, Women's Club, Big Brother Big sister, etc.*
19. Donating items or money to a nonprofit **1x/quarter** (1 point)
20. Go Local! Shop at Soda City/SC/local Farmer's Market, attend local event, etc. **1x/quarter** (1 point)
21. Attend an approved planned SWellness activity (1 point/event)

Take a Breather:

22. Participate in a Smoking Cessation Program **1x/year** (3 points)
23. Attend a CPR certification class **1x/year** (3 points)
24. Quit using tobacco, nicotine, e-cigarettes or vaping for at least **6 months** (8 points)

Work It Out:

25. Keep an exercise log for everyday during an entire **month** (4 points)
 - a. *Must use log on the [swellness online page](#) – click Super Tracker or My Fitness Pal App*
26. Gardening or yard work –minimum of 30 minutes **2x/quarter** (1 point)
27. Complete Full Marathon **1x/year** (12 points)
28. Complete half marathon **1x/quarter** (7 points)
29. Complete a 5K/10K or Charity walk/run **2x/quarter** (3 points)
30. Running-minimum of 30 minutes **2x/quarter** (1 point)
31. Walking-minimum of 30 minutes **2x/quarter** (1 point)
32. Elliptical-minimum of 30 minutes **2x/quarter** (1 point)
33. Riding bike-minimum of 30 minutes **2x/quarter** (1 point)
34. Rowing Machine-minimum of 30 minutes **2x/quarter** (1 point)
35. Stairs-minimum of 30 minutes **2x/quarter** (1 point)

- 36. Swimming-minimum of 30 minutes **2x/quarter** (1 point)
- 37. Workout class (a class at a gym)-minimum of 30 minutes **2x/quarter** (1 point)
- 38. Exercise at a gym/home gym-minimum of 30 minutes **2x/quarter** (1 point)
- 39. Join a gym or renew your gym membership **1x/year** (3 points)
- 40. Purchase gym equipment for your home or office **1x/quarter** (3 points)