

2025 WELLNESS CALENDAR

JANUARY

EDUCATION SESSION

New Year Resolution



5pts one-time

FEBRUARY

EDUCATION SESSION

Heart Month

5pts one-time

SLEEP CHALLENGE

1 pt per successful day
of 7+ hours of sleep

Max of 28pts

MARCH

EDUCATION SESSION

Regulation Blood Sugars



5pts one-time

APRIL

EDUCATION SESSION

Healthy Aging/Physical
Fitness in Older Adults

5pts one-time

STEP CHALLENGE

1 pt per successful day
of 8,000 steps

Max of 30pts

MAY

EDUCATION SESSION

Bladder Health

5pts one-time

STEP CHALLENGE

1 pt per successful day
of 8,000 steps

Max of 31pts + Bonus Prizes

JUNE

EDUCATION SESSION

Keeping a Healthy Mind



5pts one-time

JULY

EDUCATION SESSION

Stress



5pts one-time

AUGUST

EDUCATION SESSION

New Year Resolution

5pts one-time

HYDRATION CHALLENGE

1 pt per 64 ounces of
water drunk each day

Max of 31pts + Bonus Prizes

SEPTEMBER

EDUCATION SESSION

Therapeutic Recreation

5pts one-time

STEP CHALLENGE

1 pt per successful day
of 8,000 steps

Max of 30pts

OCTOBER

EDUCATION SESSION

Youth Sports

5pts one-time

STEP CHALLENGE

1 pt per successful day
of 8,000 steps

Max of 31pts + Bonus Prizes

NOVEMBER

EDUCATION SESSION

Managing Cholesterol

5pts one-time



HEALTHY RECIPE CHALLENGE

10 pts one-time

DECEMBER

EDUCATION SESSION

Exercising at Home



5pts one-time

REWARDS

If you earn **150 points or more** within the Wellness Program, you will receive the wellness incentive for the following plan year.

WELLNESS INCENTIVE

\$10 per pay for 24 pays to offset health premiums

\$100 in health waiver (reduced to \$50 if incentive is not earned)

HOW TO EARN POINTS

In addition to the opportunities listed below, you may earn points by participating in wellness challenges each month. Please see the 2025 Wellness Calendar for the list of monthly activities.

Fitness Center Check-In (minimum of 30 minutes)	10 pts per visit
Fitness Tracker - Self Led Workout (minimum of 30 minutes)	10 pts per visit
NEW Participate in a Mindfulness Activity (Yoga, Meditation, Prayer, Relaxation, etc.)	10 pts - one time
Weight Loss Program Visit	20pts per visit
Fitness Class (Instructor Led)	20pts per visit
NEW Participate in an official race (run 5K,10K, Bike, Iron man, etc.)	20pts per event
Annual Primary Care Provider Visit	40pts - one time
NEW If on insurance: Completing a new patient appointment or annual visits with Deaconess Worksite Clinics	45 pts - one time

AGE APPROPRIATE SCREENINGS

Colonoscopy	10pts one-time
Dermatology	10pts one-time
Bone Density	10pts one-time
Mammogram	10pts one-time
Prostate	10pts one-time
GYN Annual Visit	10pts one-time
Vision Exam	10pts one-time
Dental Exam	10pts (20pts max)
Flu Shot	10pts one-time
COVID Booster	10pts
Personal Health Assessment with Tobacco Affidavit	40pts one-time
Tobacco Cessation Program: Completion	40pts

Points must be obtained between the dates of January 1, 2025 and December 31, 2025. Must add points to the wellness portal by December 12, 2025. Points will be awarded for the January 1, 2026 benefit year.