



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

### How to earn points

Complete activities that are meaningful to you.

Points shown are for individual members during a program year. An eligible spouse can also earn points toward their own status level.

### How to achieve status

Status depends on the number of points earned through the program.

### Assessments

Understanding the member's health risks and needs.

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

### Wellbeing

Activities to engage members, including recommended health topics and goals. **Category maximum:** 10,000 points  
*Max one workout per day and only the highest level workout will be awarded.*

ACTIVITY	PTS EARNED
Articles	10 each up to 3 a day
Goals	5 each up to 15 per day
Videos	10 each up to category max
Health FYI webinars	50 each up to 4 a day
Jumpstart prompts	10 once per month for each prompt
Reflection prompts	10 once per week for each prompt
Self-reported workout	5 per day
Light workout	10 per day
Gym workout	20 per day
Standard workout	15 per day
Advanced workout	20 per day
Athletic event & sports league	50 per day

### Prevention

Primary & secondary clinical prevention activities to reduce/freeze health risk *(you will be required to submit proof of the following activities)*

ACTIVITY	PTS EARNED
PCP Visit	400 per year
Flu shot	200 per year
COVID vaccine	200 per year
Tetanus vaccine	200 every 10 years
HPV vaccine	200 per lifetime
Shingles vaccine	200 per lifetime
Pneumonia vaccine	200 per lifetime
RSV Vaccine	200 per lifetime
Dental cleaning	400 every 6 months
Osteoporosis screening	400 per lifetime
Breast cancer screening	400 every 2 years
Cervical cancer screening	400 every 3 years
Colon cancer screening	400 every 5 years
Lung cancer screening	400 per year
Height and weight measures	125 once per year
Blood pressure measure	125 once per year
Glucose measure	125 once per year
Cholesterol measure	125 once per year
Body composition outcome (BMI & Waist)	1,000 once per year
Blood pressure outcome	600 once per year
Glucose outcome	600 once per year
Cholesterol outcome	600 once per year
Tobacco use outcome	725 once per year
Diabetes profile	75 once per year
Diabetes appointment readiness questionnaire	75 once per year
Diabetes doctor visit	400 once per year
Diabetic eye test	400 once per year
Diabetic foot exam	400 once per year
6-month A1c test	125 every 6 months
Hypertension profile	75 once per year
Hypertension appointment readiness questionnaire	75 once per year
Hypertension doctor visit	400 once per year
Annual kidney function test	400 per year
Mental health professional visit	400 per year

# Be positively proactive with prevention

Managing your health with preventive activities and good lifestyle habits is vital to living healthier and preventing disease. It's also a great way to earn points toward a higher status! Each preventive screening protects a different area of your health. Explore the preventive screenings that are awarded points through the wellness program.

## Preventive activities offered to all members

- PCP wellness visit, once a program year
- Dental cleaning, once every 6 months
- COVID vaccine, once per program year
- Flu vaccine, once a program year
- Tetanus vaccine, once every 10 years

## Preventive activities offered to members based on their age and gender

- Colon cancer screening, once every 5 year for males and females 45 to 75 years old
- Breast cancer screening, once every 2 years for females 40 to 74 years old
- Cervical cancer screening, once every 3 years for females 21 to 65 years old
- HPV vaccine, once per lifetime, males and females 18 to 26 years old
- Lung cancer screening, once a program year, for adults aged 50 to 80 who have a 20 pack per year smoking history and are currently smoking or have quit smoking within the past 15 years
- Shingles vaccine shot series, once per lifetime for males and females aged 50 or older
- Pneumonia vaccine shot series, once per lifetime for males and females aged 65 or older
- Osteoporosis screening, once per lifetime for females aged 65 or older
- RSV vaccine, once per lifetime for males and females aged 75 or older

## Preventive activities offered to members based on responses to the onboarding and health assessments regarding medical or chronic conditions

- Diabetes profile, once per program year, with a diabetes diagnosis
- Appointment prep, once per program year, with a diabetes diagnosis
- Diabetes doctor's visit, once per program year, with a diabetes diagnosis
- Diabetes eye exam, once per program year, with a diabetes diagnosis
- Diabetes foot exam, once per program year, with a diabetes diagnosis
- A1c Test, up to four times a year with a diabetes or prediabetes diagnosis
- Recheck blood pressure, once per program year, after an out-of-range blood pressure
- Hypertension profile, once per program year, with a hypertension diagnosis
- Hypertension appointment prep, once per program year, with a hypertension diagnosis
- Hypertension doctor's visit, once per program year, with a hypertension diagnosis
- Annual kidney function test, with diabetes or hypertension diagnosis
- Mental health professional visit, once per program year, with depression or anxiety disorder diagnosis

### Tavistock activities

#### EMPLOYER SPECIFIC

Explore the Tavistock activities category for additional ways to earn points such as blood donation, volunteerism and more! Activities will be updated throughout the year, so check it out!



Consult with your primary care physician to create a personalized prevention care plan based on your current and future health goals. If it is medically recommended for you to complete any of the outlined screenings outside of the eligible age or gender ranges, members may still earn points for submitting proof of their screenings.