



Easter Seals Wellness Activity Points Chart 2015-2016 Benefit Year



Goal: Earn a total of **20** wellness activity points between 5/1/15 – 4/30/16

NEW: 10 point maximum from the Physician Activity tracker. Employees are eligible to earn points for one Age Appropriate or Physician required screening only. Employees are also only able to earn one wellness coaching component per year. * Requires receipt be attached to the appropriate tracker form.

Wellness Activities (Log completed points on your Physician Tracker, Activity Tracker or Personal Choice Tracker)	Points
Wellness Coaching: If identified through the completion of the on-line Well-being Assessment through our Wellness partner Healthy Lifestyles. (Requirement is a monthly phone call with a coach)	3
Voluntary Wellness Coaching: Easter Seals Wellness Coach, your Primary Care Physician, Physician run Wellness Center, personal trainer, or a recognized weight loss or nutrition program. * (Limited to one coaching component per benefit year, either coaching with our Vendor or a Coach of Choice)	3
Annual Physical: With your Primary Care Provider	3
Age appropriate or physician required screening (one per benefit year)	3
Annual Dental Exam (one per benefit year)	2
Eye Exam (one per benefit year)	2
Easter Seals Wellness Program: <i>Enroll and complete</i> (Biggest Winner, Passport to Summer, Hold for the Holidays, Fall Program)	2
Complete an Easter Seals Event: (Wellness related-Walk with Me, Road Race, Zumbathon, etc.)	2
Fitness Center or Gym: Participate in a minimum of 30 minutes/session, 3 days/week for 12 weeks. (A print out showing your activity from your fitness facility or a letter from the facility manager is required)	2
Wellness Retreat: At least 6 hours in duration. *	2
Organized Physical Activity Event: (examples: walk, run, bike, races or charity events, etc.) Participate and complete. *	2
Personal Choice Option: Participate in a minimum of 3 activities per week, for at least 30 minutes each time, for 12 weeks. Examples of activities-Walking, Jogging, Running, Biking, Hiking, Swimming, Yoga, Pilates, Cross fit, Martial Arts, Boot Camp, Aerobics, Zumba, Spinning, Skiing, Cross Country Skiing, Hula Hooping, Jump Roping, Climbing, Golfing, Gardening, Kayaking, Canoeing, Strength Training, Meditation, reading. (All Personal Choice activities require staff to log activities on the Personal Choice Activity Tracker.)	1
Wellness Group Focused on healthy Living: (Biking, Running, Walking, Hiking, Skiing, Outdoor Group, Crafting, Quilting, Singing, Cooking, Painting, etc.) Participate at least 2 times per month for a min of 60 minutes each time for 3 months or 1 times per month for a min of 90 minutes each time for 4 months. *	1
Participate on an Organized Sports Team: Requires at least a 6 week session with weekly participation. *	1
Therapeutic Services: (Massage, Reiki, Acupuncture, Counseling) Min of 4 Hours. *	1
Attend 4 Wellness Education Classes: (Healthy Cooking, Nutrition, Stress Reduction, Financial Wellness, etc.), on-site or off-site. *	1
Donate Blood: 2 times per year*	1
Get a Flu Shot *	1
Volunteer at 2 Easter Seals Event: Minimum of 2 hours each	1
Volunteer: Minimum of 10 hours of Volunteer Service	1

If you have any questions or are interested in an activity that is not already listed above or are not sure how to track an activity that you participate in, please contact **Christy Nault, Wellness Coordinator** at cnault@eastersealsnh.org or by calling (603)621-3438.