

Annual Requirements

Due by October 31, 2020

Annual Health Screening

- Complete onsite Biometric Screen OR Physician Visit
Date Completed _____

Wellness Consultation

- Complete consultation with Dawn or Sara
Date Completed _____

LiveWell Campaign Activities	Points Earned	Annual Point Maximum
Wellbeing Activities		
Complete Quarterly Wellness Challenge	100	400
Attend LiveWell Education Meeting	25	100
Preventative Health Visit	50	100
Fitness Activities		
Individual Fitness Program	100	100
Athletic Event or Recreation League	50	100
Physical Activity Participation	50	100
Nutrition Activities		
Weight Management Program	100	100
Nutritional Consultation	50	50
Finance Activities		
Financial Consultation	50	50
Financial Workshop	50	50
Lifestyle Activities		
Volunteer or Community Activity	50	200
Engagement in DNA Initiatives	25	50
Follow-Up Wellness Consultation	25	50

Engage In Annual Campaign

My Incentive Goal:

# of LiveWell Points	HSA Deposit	Choice Credits	Cash
200	\$150	\$150	\$120
400	\$300	\$300	\$240
600	\$500	\$500	\$400
800	\$750	\$750	\$560

Wellbeing Activities/Challenges:

Q1 _____ Q3 _____
Q2 _____ Q4 _____

Fitness Activities

Q1 _____ Q3 _____
Q2 _____ Q4 _____

Nutrition Activities

Q1 _____ Q3 _____
Q2 _____ Q4 _____

Finance Activities

Q1 _____ Q3 _____
Q2 _____ Q4 _____

Lifestyle Activities

Q1 _____ Q3 _____
Q2 _____ Q4 _____

November

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Wellness Challenge

Healthy Huddle

Blood Pressure Check