

WELLNESS PROGRAM POINTS SYSTEM

OPPORTUNITIES FOR 2017

Item	Points	Documentation Needed	Availability	
ASSESSMENTS (Non-Activity) : (20 points daily max. and more than 80 annual points need to qualify for earnback.)				
Health Risk Assessment & Screening (must complete online questionnaire to earn fitness pass) ^{1, 2}	15	Kettering Health Network will provide	Check with your Dept. Representative	
Annual OB/GYN Exam	15	Non-Activity Point Form	On your own	
Annual Physical Exam ²			On your own	
Blood Glucose	10 per quarter		On your own/at City	
Blood Pressure	5 per month		On your own/at City	
Cholesterol	15 per quarter		On your own/at City	
Colonoscopy	15		On your own	
Dental Exam (limit 2 per year)	5 per 6 month		On your own	
Diet/Nutritional Support Groups	5 per meeting		On your own	
Eye/Glaucoma Exam (limit 1 per year)	5 per year		On your own	
Mammogram	15		On your own	
Osteoporosis	10		On your own/at City	
Physical Fitness Testing	15		On your own	
Resting Metabolic Rate Screening	10		On your own/at City	
Skin Cancer Screening			On your own/at City	
Stress Test			On your own	
Stroke/Aneurysm	20		On your own/at City	
Wellness Education Lecture ³	10		As announced	
Other	See dept. rep.			
EXERCISE (Activity): (6 point daily max. and more than 420 annual points need to qualify for earnback.)				
Cardiovascular (means target heart rate at or above 65%)	1.5 pts per 15 mins		Activity Points Form - Print pdf and fill in. or Online Activity Points Log	On your own
Strength training (weights, resistance bands, etc.)	1.5 pts per 15 mins			
Cardio/Strength combo (30 minute minimum)	3 pts = 30 mins 4.5 pts = 45 mins 6 pts = 60 mins			
Group Exercise (classes, etc., land or water based; 30 minute minimum)	3 pts = 30 mins 4.5 pts = 45 mins 6 pts = 60 mins			
Walking (45% - 65% of THR)	1 pt per 15 mins			
Sports activities (basketball, volleyball, tennis, etc.)	1 pt per 15 mins			

Note: Screenings are often offered by the City at no charge to the employee. Watch for “Be Well” announcements

¹ Both the Health Risk Assessment and the screening are required in order to obtain your free annual fitness pass.

² **You may not claim any points from sub-components of the Health Risk Assessment(15) nor an Annual Physical(15).**

³ Presentations by KHN in Council Chambers at 11:30 a.m. as announced. Presentation will also be available by DVD and points are earned if viewed within four weeks of delivery of DVD.