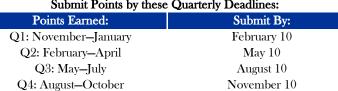
NON-ACTIVITY POINTS FORM

INSTRUCTIONS: Signature or Point Slip is required for each item. Approved signatures are nurses, doctors, technicians, instructors, or Wellness Representatives. You may not claim any points from sub-components of a screening. Forms must be submitted to the PRCA Administrative Office (North Building) by the quarterly deadlines outlined below. Make a copy for your records should any discrepancy

NAME:	DEPARTMENT:		
	10 POINTS		15 POINTS
	Blood Glucose (12-hr fasting) - Once per quarter Osteoporosis Resting Metabolic Rate Screening Skin Cancer Screening Stress Test Vaccination/Inoculation Wellness Education Lecture - Once per quarter Title: View Date:		Annual OB/GYN Exam Annual Physical Exam Cholesterol - Once per quarter Colonoscopy Health Risk Assessment & Screening Annual New Hire Health/Safety Training (i.e. CPR/AED; First Aid) Lipid Screening Mammogram Stroke/Aneurysm Screening
	Other:		Other:
-	Requires Wellness Committee Approval		Requires Wellness Committee Approval
Points S Date:	Slip or Signature Required for Each Above	Point Date:	s Slip or Signature Required for Each Above
Signature:		Signature:	
	5 POINTS NO		T (T 0) 10
Date:	Dental Exam - Limit Two Per Year (Max 10 Point Diet/Nutritional Support Groups - Limit Per Mo Eye/Glaucoma Exam - Limit One Per Year (Max Independent Diabetic Glucose Checks (Non-Fast Other: Points Slip or Signature	eeting (Max 5 25 Points Per Ying Finger Stick)	Year) - Limit One Per Quarter (Max 5 Points Per Quarter) _ (Requires Wellness Committee Approval)
Signature:		Signature:	
MIN	NI-LECTURES - MAX 10 LECTU	JRES PE	R WELLNESS YEAR (30 PTS)
Date	Title	Date	Title
WELLNI	ESS DEDDESENTATIVE SIGNATUDE VALIDA	ATES ALL MI	INI-LECTURES SUBMITTED ON THIS FORM
Date:	233 REFRESENTATIVE SIGNATURE VALIDA	Signature:	INIPLECTORES SUBWITTED ON THIS PORM
EN	TER TOTAL POINTS SUBMITT Note: Daily Maximum Non-Activity Points = 20	TED:	
	Submit Points by these Quarterly Deadlines		





The City's Wellness Program is designed to improve employee health, physical condition, & mental wellness through education, screening, & outreach.