

Steps to Success: Step 2

Earning Wellness Credits

REQUIREMENT: 50 WELLNESS CREDITS

(minimum requirement)

Choose from a variety of eligible activities to meet the 50 credit requirement (see menu on the right side of this page).

All activities must be completed within the current 12-month wellness year and must be reported through the program website BEFORE the May 1, 2027 deadline. Activities that are submitted *after* the deadline will not apply to the current year's eligibility total.

Wellness credits are tracked through an automated system and must be submitted by the participant by uploading the details through the dashboard. *Verbal or written submissions will no longer be accepted.*

ELIGIBLE ACTIVITIES FOR CREDIT

	Credit Earned	Max. Credit
Annual Physical Exam (Preventative)	20	20
Bi-annual Dental Cleaning / Exam	10	20
Preventative Screenings*	10	30
Vision Screening / Exam	10	10
Hearing Screening / Exam	10	10
Individual Nutrition Counseling	5	15
Exercise Routine / Gym	5	5
eLearning Courses + Quizzes	5	30
Wellness Workshops & Events	5	20
Community Event (5K, FunRun, etc...)	5	10
Annual / Routine Immunizations	5	10

*Preventative Screenings Include:

Mammogram
Well Woman Exam/Pap Smear
Colonoscopy
Bone Density / DEXA Scan

