

Eligible Activities	Credits Per Activity / Year	Date of Activity	Total Credits	Submitted for credit?
Annual Physical Exam	20			
Dental Cleaning / Exam #1	10			
Dental Cleaning / Exam #2	10			
Preventive Screening* #1	10			
Preventive Screening* #2	10			
Preventive Screening* #3	10			
Vision Screening / Exam	10			
Hearing Screening / Exam	10			
Individual Wellness Coaching: 3 Sessions**	10			
Exercise Routine / Fitness	5			
Wellness Program Course #1 + Quiz	5			
Wellness Program Course #2 + Quiz	5			
Wellness Program Course #3 + Quiz	5			
Wellness Program Course #4 + Quiz	5			
Wellness Program Course #5 + Quiz	5			
Wellness Program Course #6 + Quiz	5			
Wellness Workshops / Events	5			
Wellness Workshops / Events	5			
Wellness Workshops / Events	5			
Wellness Workshops / Events	5			
Community Event (5K, FunRun, Marathon)	5			
Community Event (5K, FunRun, Marathon)	5			
Annual / Routine Immunizations	5			
Annual / Routine Immunizations	5			
		Annual Total		

***Eligible Preventive Screenings:**

Mammogram
Well Woman Exam
Colonoscopy
Bone Density / DEXA Scan

**** Must complete 3 Individual Coaching sessions**