



Activity	Points per activity	Maximum Points	Validation
Biometric Screening	25	25	Approved Automatically - Points will automatically be rewarded when your biometrics are uploaded into the HealthCheck360 system
Take Survey	10	10	Approved Automatically - Points will automatically be rewarded when you complete your Health Risk Assessment Survey
Complete a Challenge	10	60	Approved automatically - Activity will be automatically approved if you track at least once a week on your myHealthCheck360 account throughout the challenge
Complete a health coaching call with a HealthCheck360 health coach	10	40	Validation: Honor system - Log into your myHealthCheck360 account, submit a new activity on the Lifestyle Rewards page. (verified by HC360)
Viewing HealthCheck360 Health and Wellness Webinar	5	60	Validation: Honor system - Log into your myHealthCheck360 account, submit a new activity on the Lifestyle Rewards page. (verified by HC360)
Participating in a 5k, Triathlon, Marathon, walk/run, or similar event	15	30	Validation: Upload - You have two options for proof of completion: Take a picture of yourself or your race bib, time/results, paid receipt, or something similar to show proof that you participated in the event. Submit a new activity on the Lifestyles Rewards page. Then upload either option as proof of completion.
Completing a minimum of 1 hour per activity of volunteer/charity work	5	30	Validation: Upload - You have two options for proof of completion: 1) Download the Volunteer Form from the Lifestyle Rewards page. After completing your charity work, complete the Volunteer Form and ask the organization representative to sign it 2) Take a picture of yourself while volunteering. Submit a New Reward on the Lifestyles Rewards page. Then upload either option as proof of completion.
Donate Blood	10	10	Validation: Upload - Fill out the Blood Donation form found on the Lifestyle Rewards "read more" page. Fill out the form and have it signed by the healthcare professional at your appointment. Upload your completed form.
Performing Arts Event	5	30	Validation: Upload - Scan and upload your ticket, program/playbill or take a picture to show proof that you participated in the event. Submit a "New Reward" on the Lifestyles Rewards page. Then upload either option as proof of completion.

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Education Sessions - Onsite (Support groups and general sessions)	5	30	Validation: Honor system - Swipe your card when attending an event onsite. A list of all attendees will be sent to HC360 for approval.
Physical Activity - Track 90 minutes of activity on your myHealthCheck360 account each week of the month. Each month will bring a new opportunity for points.	10	60	Approved automatically - Log your daily activity under the tracking section of your myHealthCheck360 account. Points will be automatically awarded if you track as described.
Hit 100,000 number of steps. May track steps manually or using a fitness tracking device. (The following devices sync with your myHealthCheck360 account: Fitbit, Garmin, Jawbone, Misfit, Withings)	15	15	Approved automatically - Points will automatically be awarded as you achieve the step goal.
Preventative Care Visits			
Dental Exam	25	25	Validation: Upload - You have two options for proof of completion: 1) Download the "Preventative Care" form found on the Lifestyle Rewards "read more" page and complete during your visit. 2) Submit an EOB or other proof of visit. Upload with activity submission.
Eye Exam	25	25	Validation: Upload - You have two options for proof of completion: 1) Download the "Preventative Care" form found on the Lifestyle Rewards "read more" page and complete during your visit. 2) Submit an EOB or other proof of visit. Upload with activity submission.
Skin Check	25	25	Validation: Upload - You have two options for proof of completion: 1) Download the "Preventative Care" form found on the Lifestyle Rewards "read more" page and complete during your visit. 2) Submit an EOB or other proof of visit. Upload with activity submission.



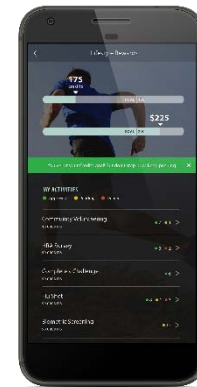
Activity	Points per activity	Maximum Points	Validation
Preventative Care Visits			
Age Appropriate Cancer Screening - Mammogram/Pap Smear	25	50	Validation: Upload - You have two options for proof of completion: 1) Download the "Preventative Care" form found on the Lifestyle Rewards "read more" page and complete during your visit. 2) Submit an EOB or other proof of visit. Upload with activity submission.
Age Appropriate Cancer Screening - Prostate check	25	25	Validation: Upload - You have two options for proof of completion: 1) Download the "Preventative Care" form found on the Lifestyle Rewards "read more" page and complete during your visit. 2) Submit an EOB or other proof of visit. Upload with activity submission.
Age Appropriate Cancer Screening - Colonoscopy or Other	25	25	Validation: Upload - You have two options for proof of completion: 1) Download the "Preventative Care" form found on the Lifestyle Rewards "read more" page and complete during your visit. 2) Submit an EOB or other proof of visit. Upload with activity submission.
Flu Shot	25	25	Validation: Upload - You have two options for proof of completion: 1) Download the "Preventative Care" form found on the Lifestyle Rewards "read more" page and complete during your visit. 2) Submit an EOB or other proof of visit. Upload with activity submission.
Heart Screening	25	25	Validation: Upload - You have two options for proof of completion: 1) Download the "Preventative Care" form found on the Lifestyle Rewards "read more" page and complete during your visit. 2) Submit an EOB or other proof of visit. Upload with activity submission.

HOW TO SUBMIT LIFESTYLE REWARDS ACTIVITIES

Once you are logged into your account, you can begin tracking the completion of your activities. To track your activities:

ON YOUR MOBILE APP

- Select **More** at the bottom of your screen
- Select **Lifestyle Rewards**
 - Select **+ Add**
 - Select your activity from the drop down menu
 - Type a brief activity description, enter a date, and upload your document if required
- Select **+ Add** to submit your reward



ON YOUR COMPUTER

- Select **Lifestyle Rewards** on the left hand menu
 - Select **Submit Activity**
 - Select your activity from the drop down menu
 - Type a brief activity description, enter a date, and upload your document if required
- Click **Submit**

