

STAY KIND WORK HARD BE WELL

University of Central Arkansas



UNIVERSITY OF
CENTRAL
ARKANSAS™

UCA BeWell



LIFESTYLE REWARDS 2020-2021

ACTIVITY	POINTS PER ACTIVITY	MAXIMUM POINTS	HOW TO SUBMIT
HEALTHCHECK360 ENGAGEMENT			
Download myHealthCheck360 mobile app from the App Store or Google Play <i>You can only earn this reward once</i>	25	25	Honor System – Use the myHealthCheck360 app to submit the activity to earn points.
Biometric Screening	25	25	Awarded Automatically - Points will be awarded when your biometrics are uploaded into the HealthCheck360 system.
Health Risk Assessment (HRA) Survey	10	10	Awarded Automatically - Points will be awarded when you complete your survey. Survey is available after screening results are processed.
Complete a Wellness Challenge <i>Visit MyHealthCheck360 to register</i>	10	40	Awarded Automatically – Points will be awarded if you track at least once each week of the challenge using myHealthCheck360 “Track Health” feature.
Complete a Health Coaching Call <i>Visit MyHealthCheck360 to schedule</i>	10	60	Awarded Automatically – Points will be awarded after successful completion of calls.
View a HealthCheck360 Webinar <i>Participate live or view recording. Visit: https://uca.edu/bewell/resources/</i>	5	60	Honor System - Log into myHealthCheck360 and submit the activity to earn points.
UCA BEWELL			
BeWell Education Sessions, Support Groups, Resource Groups <i>Participate live or view recording. Visit: https://uca.edu/bewell/resources/</i>	5	60	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload certificate of attendance provided by host or screenshot captured during presentation.
UCA HPER Orientation <i>Email ucabewell@uca.edu to schedule</i>	10	10	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload certificate of attendance provided by host.

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Share a "Healthy Selfie" <i>Email photos to ucabewell@uca.edu</i>	5	10	Awarded Automatically –Points will be awarded after selfies are received. Photos may be used in program marketing and communications.
Diversity, Belonging, Inclusion, Equity <i>Attend event or professional development promoting DBIE initiatives</i>	5	30	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload certificate of attendance provided by host, screenshot captured during presentation, or selfie at event.
Participate in a 5k Walk/Run, Triathlon, Marathon, etc. <i>Virtual or in-person</i>	15	30	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload photo of bib, medal or results showing participation.
Volunteer or Charity Work (1+ hours) <i>One submission per activity</i>	5	30	Honor System - Log into myHealthCheck360 and submit the activity to earn points.
Donate Blood	10	20	Honor System - Log into myHealthCheck360 and submit the activity to earn points.
Attend a Performing Arts or Cultural Event or Visit a Museum	5	30	Honor System - Log into myHealthCheck360 and submit the activity to earn points.
Alternate Commute <i>Bike, walk, blade, carpool to campus</i>	5	30	Honor System - Log into myHealthCheck360 and submit the activity to earn points.
Take a Hike <i>Enjoy physical activity in Arkansas's state or national parks</i>	5	15	Honor System - Log into myHealthCheck360 and submit the activity to earn points.

HEALTHY HABITS

Achieve 360 Minutes of Activity OR 72,000 steps Per Month	10	100	Awarded Automatically - Points will be awarded for tracking activity minutes or steps each month using myHealthCheck360 "Track Health" feature.
Track Nutrition: 15 Items Per month	10	100	Awarded Automatically – Points will be awarded if you track food at least 15 times each month using myHealthCheck360 "Track Health."

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<p>Work from Home Healthy Habits</p> <p><i>Workout, meditation or mindfulness session, yoga, stand or walk during call or webinar, or 4 stretch breaks in a day</i></p> <p><i>Tips: https://uca.edu/bewell/resources/</i></p>	5	100	Honor System - Log into myHealthCheck360 and submit the activity to earn points.
<p>Healthy Office Habits</p> <p><i>Use standing desk for 1 hour, meditation or mindfulness session, or take 4 stretch breaks in a day</i></p> <p><i>Tips: https://uca.edu/bewell/resources/</i></p>	5	100	Honor System - Log into myHealthCheck360 and submit the activity to earn points.
PREVENTATIVE CARE VISITS			
Dental Exam	15	30	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you completed your preventative care visit.
Eye Exam	25	25	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you completed your preventative care visit.
Skin Check / Skin Cancer Screening	25	25	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you completed your preventative care visit.
<p>Preventative Visit or Screening</p> <p><i>Ex: Prostate exam, mammogram, pap smear, colonoscopy, nutrition consult, diabetes consult, etc.</i></p>	25	75	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you completed your preventative care visit.
Flu Shot	25	25	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you received your flu shot.
Heart Screening	25	25	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you completed your heart screening.
<p>Prenatal or Postpartum Care</p> <p><i>Includes lactation consultations</i></p>	5	25	Upload – Log into myHealthCheck360 and submit the activity to earn points. Upload a document showing you completed your prenatal care visit.