



REWARDS PROGRAM 2024

New This Year!

*Start Earning Rewards
January 1 - December 31*

Embrace the value of prioritizing your health and wellbeing! Designed for **ALL TEAM MEMBERS**, **wellpower** is offering an opportunity to accumulate up to 1,000 **wellpower** points. These points are your ticket to exciting prizes!

Here's how it works:

- ★ Complete health-focused activities.
- ★ Earn points for each activity.
- ★ Every 10 points equals 1 drawing entry; 1,000 points are up for grabs!
- ★ Track your points and progress in the inHealth mobile app or portal.



It's that easy! Prioritize your wellbeing, earn rewards, and be part of a healthier, happier team.

3 Grand Prizes

8 Quarterly Prizes

18 Lunch & Learns Prizes

**All prizes are subject to proof of participation.*

4 Grand Prize Winners

Attend all 6 per quarter



Lifestyle

Activity	Points Per Activity	Max Points Available
Annual Physical <i>(Completed by an SVH/Cotton O'Neil PCP)</i>	100	100
Go Healthy Course <i>(Must complete 10 out of 12 weeks)</i>	100	100
Lunch & Learn <i>(18 scheduled)</i>	5	90
30-day Exercise Challenge <i>(5 points per completed challenge)</i>	5	60
5K or similar event i.e. Tough Mudder <i>(5 points per 5K)</i>	5	50
Topeka Yoga Network Class	1	30
Hydration Challenge	25	25
Step Challenge	25	25
Healthy Screening (Annual Screenings & Preventive Screening Guidelines)	5	20



Emotional/Intellectual

Activity	Points Per Activity	Max Points Available
Skills for Recovery & Resilience Course	100	100
Healthy Minds Course	100	100
Participate in a Community Building Restorative Circle	50	50
Participate in Safe and Calm Practice (<i>i.e. Progressive muscle relaxation/ Guided meditation</i>)	2	50



Social/Community

Activity	Points Per Activity	Max Points Available
Refer a friend to Go Healthy (<i>Friend must reference referral and complete course</i>)	10	50
Refer a friend to Resilience Course (<i>Friend must reference referral and complete course</i>)	10	40
Download and create account on SVH Team App or already have an account	5	5
Donate Blood (<i>One time a calendar year</i>)	5	5



Financial/Career

Activity	Points Per Activity	Max Points Available
Create and Log into Fidelity Account	50	50
Financial/Career Campaign	20	20
Unlocking Financial Freedoms	10	10
Watch Fidelity Webinar	10	10
Verify/Update Fidelity Beneficiaries	10	10

Your privacy is important to us. All personal health information received through wellpower is stored and managed in a safe, secure and confidential manner. Your Human Resources team will not have access to any of your medical records.

For questions, please contact wellpower@stormontvail.org.