



2022 WELLthy Reward\$ Points Activities Menu*

Wellness biometric screening or Dr. physical.....	50 points
Wellness profile questionnaire.....	50 points
Online health education classes (16).....	7 points each
WELLtrek Million Step March.....	80 points
WELLtrek 2 Million Step March.....	40 points
WELLtrek Resolution Weight challenge.....	20 points
WELLtrek Golden Sneaker Competition.....	40 points
WELLtrek Team Competition.....	20 points
Wellbeats programs (4).....	5 points each
Wellbeats monthly feature class (8).....	3 points each

100-199 points = **Bronze** - \$100 cash award (600 awards)

200-299 points = **Silver** - \$200 cash award (250 awards)

>300 points = **Gold** - \$400 cash award (150 awards)

* This menu of activities is not final; activities may be added throughout the year (January – August, 2022) and communicated via all-County email and/or the VC-WELL website.

New to WELLthy Reward\$? Employees earning a VC-WELL cash award for the first time will receive a **\$50 bonus** added to their 2022 cash award.