



2023 WELLthy Reward\$ Points Activities Menu*

Wellness biometric screening or Dr. physical.....	50 points
Wellness profile questionnaire.....	50 points
WELLtrek Million Step March.....	80 points
WELLtrek 2 Million Step March.....	40 points
WELLtrek Resolution Weight challenge.....	20 points
WELLtrek Individual Pacer Competition.....	20 points
WELLtrek Team Competition.....	20 points
WELLtrek Golden Sneaker Competition.....	40 points
Online health education classes (12).....	9 points each
Wellbeats programs (4).....	8 points each
Wellbeats monthly feature class (8).....	3 points each
Saturday hikes (4).....	5 points each

100-199 points = **Bronze** - \$100 cash award (550 awards)

200-299 points = **Silver** - \$200 cash award (300 awards)

>300 points = **Gold** - \$400 cash award (200 awards)

* This menu of activities is not final; activities may be added throughout the year (January – August, 2023) 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 2023 cash award.