



1 Point Wellness Activities	Notes
Improve Sleep Habits: Sleep for 7-9 hours per night, 4 nights a week, for 4 weeks	
Meditate: Engage in meditation for at least 10 minutes per day, for 4 days per week, for 4 weeks.	
1 Point Nutrition Activities	Notes
Eat Less Sugar (less than 38g for men or 25g for women per day) 4 days per week, for 4 weeks	
Eat Less Sodium (less than 1500mgs per day) 4 days per week, for 4 weeks.	
1 Point General Activities	Notes
Asset Health Online Courses	Requires 70% passing on corresponding test
Blood Donation	
Immunizations	
Community Volunteer (4 hour minimum)	
Complete Aetna/Kaiser Online Courses	
Employee Informational Gatherings including: Bring Benefits to You, Jump Start Your Day, Lunch and Learns, EAP Classes, Safety Class, and Caregiver Support	Promo Code required for points
Obtain CPR/AED Certification or Recertification	Documentation required for points
Attend the Gwinnett County Wellness Fair	
3 Point General Activities	Notes
Membership to a fitness club (12 month minimum)	Documentation required for points
Telephonic Wellness Coaching (2 sessions required, at least 30 days apart)	
Group classes sponsored by GC: GC fit club, therapeutic stretching, Get Moving, Power Jam, etc. (4 weeks)	
Consult with Empower Retirement Representative	Promo Code required for points
Community 5K Race/walk/ Fitness Event; Great day of Service	
3 Point Provider Visits	Notes
Routine Annual Exam	
Routine Colonoscopy	
Vision Exam	
Dermatology Exam/Screening	
Annual GYN Exam	
Routine Mammogram	
Dental Exam	
Prostate Specific Antigen (PSA)	
Any other age appropriate screening	
3 Point Fitness Activities	Notes
At least 150 minutes of aerobic activity AND muscle-strengthening activities, 2 or more days/week	
Golf: 9 or 18 holes (walking - 3 rounds, cart - 5 rounds)	
Canoeing or Kayaking - 30 minutes per day, 2 days per week, for 4 weeks	
Yoga = 30 minutes per day, 2 days per week, for 4 weeks	
Running, Swimming, or Bicycling - 30 minutes per day, 3 days per week for 3 weeks	
Perform vigorous yard work - 30 minutes per day, 2 days per week for 4 weeks	
Water Skiing - 30 minutes per day, 2 days per week, for 4 weeks.	
Brisk walking or hiking (alone or group) - 7,000 steps per day, 3 days per week for 3 weeks	
Participate in organized sports league - 60 minutes/day/week for 4 weeks	
Other eligible fitness/exercise classes (minimum 4 classes per month)	
6 Point Fitness Activities	Notes
Asset Health online Wellness Challenges	
Tobacco Cessation Programs	Documentation required for points
Weight Watchers/Jenny Craig/other weight management participation (8 weeks)	Documentation required for points
Onsite wellness Coaching (2 sessions required, at least 30 days apart)	
Serve as a Wellness Champion (Must attend at least 6 meetings)	Points will be awarded at the beginning of the year for the previous year's participation