

TRANSWESTERN WELLNESS

Your Way

Earn at least 500 points Jan. 19 – Nov. 30, 2022, to receive the lower Participating Rate for 2023 medical insurance.

To qualify, you must complete the two required activities plus any combination of optional activities and record your progress in the wellness portal.

ACTIVITY		POINTS	Q1	Q2	Q3	Q4
REQUIRED (300 POINTS)	Health Risk Assessment	150	Anytime January 19 – November 30			
	Biometric Screening	150		Anytime July 11 – November 30		
ADDITIONAL (200 POINTS)	Quarterly Wellness Challenges	50/challenge (max 150 points)		April: Retrain Your Brain	July: Beat the Boss	October: Spooktacular Map
	Monthly Featured Courses	20/course (max 200 points)	1x per month February – November			
	Preventive Actions	50/action (max 200 points)	January – November			
	Daily Mini Challenges (up to 50)	2/challenge (max 100 points)	January – November			
	Daily Nutritional Activity (healthy servings)	2/day (max 400 points)	January – November			
	Daily Physical Activity (steps or minutes)	2/day (max 400 points)	January – November			

And don't forget the additional incentives!

MONTHLY

Completing a Monthly Featured Course enters you into a drawing for a \$100 Amazon gift card.

QUARTERLY

Earning at least 150 points during a quarter qualifies you for a chance to win one of 5 cash awards valued at \$250, \$500, \$750, \$1,000 or \$2,000.

GRAND PRIZE

Accumulating at least 1,000 points by Nov. 30, 2022, earns you an entry into our year-end \$3,000 raffle.

For an explanation of activities [click here](#).