

## 1,000 TOTAL POINTS TO QUALIFY

### POINT EARNING ACTIVITIES

#### Preventive Health:

- Annual Wellness Management  
*Annual Physical, Personal Care Management*  
**200 points each**
- Preventive Screenings:  
*Mammogram, PSA, Pap Test/Pelvic Exam, Colonoscopy, Skin Cancer Screening, Bone Density Exam, Dental Exam(s), Eye Exam, Flu Shot, Age Appropriate Vaccination(s)*  
**50 points each**
- Health Assessment  
**50 points**
- Complete a Primary Care Physician (PCP) Form  
**50 points**
- Preventive Vaccinations  
*Tetanus, MMR, Shingle, Pneumonia, Hepatitis B, HPV, Flu, Meningococcal, Other*  
**50 points**

#### On Campus:

- Weekly Meditation  
**5 points per week**
- Weekly Yoga  
**5 points per week**

- Weekly Walking  
**5 points per week**
- Daily Exercise at EWC  
**5 points per day**
- Healthy Seminars  
**10 points (100 max)**
- Wellness Webinars  
**25 points each (500 max)**
- Special Events  
**25 points (150 max)**

#### Daily Habits:

- Track Movement for 20 days\*  
*Track 7,000 steps AND/OR 15 active minutes AND/OR 15 workout minutes for 20 days*  
**80 points per month**
- Track 10,000 steps AND/OR 30 active minutes AND/OR 30 workout minutes  
**20 additional points per month**
- Track calories 10 days per month\*  
**10 points per month**
- Track calories for 20 days in a month\*  
**10 points per month**

- Connect calorie tracker  
**25 points**
- Track Sleep\* 10 days in a month  
**10 points per month**
- Track Sleep\* 20 days in a month  
**10 points per month**
- Daily Wellness Habits *Meditation, Gratitude, Breathing Practice, 5 Fruits & Vegetables, 8 cups of water, Meatless Day, Track Financial Spending, Learn Something New, Make a New Friend, Visit a Farmers Market, Wear Seatbelt, Recycle, Wear Sunscreen*  
**1 point per day per habit**

#### Wellness Challenges:

- Join Company Challenge  
**25 points**
- Create a Personal Challenge  
**10 points per month**
- Join a Personal Challenge  
**10 points per month**
- Win Promoted Healthy Habit Challenge  
**25 points per month**

#### Wellness Activities:

- Health Coaching Session  
**25 points (200 max)**
- Social Engagement  
*Race/event or Season of Recreational Sports, or Volunteerism*  
**25 points (200 max)**
- Online Journeys  
**25 points (100 max, 1 per quarter)**
- Professional Health Services  
*Counseling session, Nutrition visit, Physical Therapy visit, Chiropractor visit, Massage, Personal Training session*  
**25 points each (500 max)**
- Connect First Activity Device  
**25 points**
- Teladoc Registration  
**25 points**
- Set Your Interests  
**25 points**
- Set a Wellbeing Goal  
**25 points**
- Add a Profile Picture  
**25 points**

\*Please note: you must connect a device to the portal to receive these points via automatic syncing.

For questions contact: [wcs.support@virginpulse.com](mailto:wcs.support@virginpulse.com)

*New hires after April 1, 2021, receive 80 points per month of the incentive program missed.*

If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact our support team at 855.913.0578 or [wcs.support@virginpulse.com](mailto:wcs.support@virginpulse.com) and we will work with you to find a reasonable alternative.

For more information on medical disclosures and to review the EEOC Notice specific to this program please visit the Benefits page of the HPU Employee Wellness Portal.

Incentive will be applied during the 2022 benefits year (June 1, 2022 – May 31, 2023)

HIGH POINT UNIVERSITY  
Employee Wellness