

Earn 400 Points

Choose activities from the list below to earn your points today!

Activity	Points Per Activity	Validation
Biometric Screening *Required to earn your incentive	75	Approved Automatically
Take Survey *Required to earn your incentive	50	Approved Automatically
Complete Two Preventative Exams <i>*After summary visits dated 5/1/2026-4/30/2027 will be accepted</i> *Required to earn your incentive	50 each	Upload proof of completed exams (Maximum of 4 preventative exams = 200 pts. Available)
Achieve Incentive Level – Gold	75	Approved Automatically
Complete Company Sponsored Challenge	20	Approved Automatically (Minimum participation requirements must be met)
Challenger Winner – 1st Place	40	Uploaded within a week of challenge completion
Challenge Winner – 2nd Place	25	Uploaded within a week of challenge completion
Challenge Winner – 3rd Place	15	Uploaded within a week of challenge completion
Complete a Pathway	15 each	Approved Automatically
Receive an Immunization Includes flu shot, COVID booster, etc.	35 each	Upload proof of immunization
View a Healthcheck360 Webinar	15 each	Upload proof of webinar watched
Complete a Local Activity	25 each	Upload proof of completed activity
Sign into the Mobile App	25	Approved Automatically
Activity/Exercise Duration Log at least 30 minutes of activity twice a week	4 each week	Approved Automatically
Fax Biometric Screening Results to your Physician	40	Upload proof of completion