

2017 Thor Wellness Program

Work Well

"Walk Kansas" Team Challenge (Mar-May) - 8 weeks	up to 10 points/week
"Turn Up the Heat" Challenge (June-July) - 6 weeks	up to 10 points/week
"Fall into Fitness" Challenge (Aug/Sept) - 6 weeks	up to 10 points/week
"Walktober" Challenge (Oct) - 4 weeks	up to 10 points/week
"Movember" Challenge (Nov) - 4 weeks	up to 10 points/week
"It's a Gift to Yourself" Challenge (Dec-Jan) - 6 weeks	up to 10 points/week
"JumpStart the Year" Challenge (Jan-Mar) - 6 weeks	up to 10 points/week

Work Smart

Nutrition Workshop (BCBS Healthy Options/Enrichment)	20 points/each
Stress Management Workshop (BCBS Healthy Options/Enrichment)	20 points/each
Physical Activity Workshop (BCBS Healthy Options/Enrichment)	20 points/each
Chronic/Infectious Disease Workshop (BCBS Healthy Options/Enrichment)	20 points/each

Workshops will be offered in form of BCBS Healthy Options presentations or enrichment classes.

Required Actions

Health Assessments	25 points
Biometric Screening	50 points
Physical Exam	75 points
Dental Exam	25 points
Vision Exam	25 points

Make a Difference

Organize and lead a formal wellness activity	7 points/class
Participate in a formal wellness activity	3 points/class

Examples of wellness activities: CrossFit, yoga, pilates, kickboxing, HIIT, jazzercise, group strength class, Zumba, meditation, progressive relaxation, massage therapy, chiropractic therapy, mindfulness, guided imagery, hobby-based class, intellectual or spiritual enrichment, professional development, volunteer work, etc.)



2017 Thor Wellness Program	POINTS POSSIBLE	POINTS
Required Actions		
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Biometric Screening	50 points	
Physical Exam	75 points	
Dental Exam	25 points	
Vision Exam	25 points	
Work Well		
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Make a Difference		
Organize and lead a wellness activity	7 points/class	
Participate in a formal wellness activity	3 points/class	
	TOTAL	

500 points — Completer T-shirt (completers names on back)
750 points — One (1) personal day + Completer T-shirt
1000 points — Outdoor Weekend Get-Away (Spring/Summer 2018) or Wellness Reward equivalent + One (1) personal day + Completer T-shirt

