

2018 Cloud Wellness Program

Required Actions

Biometric Screening	50 points
Physical Exam	100 points
Dental Exam	50 points
Vision Exam	50 points

For completing required actions, you will receive 1 personal day or \$50.00.

*****The Required Actions must be completed in order to qualify for end of the year drawings*****

Work Well

"Walk Kansas" Team Challenge (Mar-May) - 8 weeks	up to 10 points/week
"Turn Up the Heat" Challenge (June-July) - 8 weeks	up to 10 points/week
"Fall into Fitness" Challenge (Aug-Sept) - 7 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) - 8 weeks	up to 10 points/week
"Get a Heart Healthy Start" Challenge (Feb) - 4 weeks	up to 10 points/week

Work Smart

Wellness Workshops/Assessments	25 points each
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Workshops will be offered in form of BCBS Healthy Options presentations or enrichment classes.

Make a Difference

Organize and lead a formal wellness activity or
Enrichment Workshop/Class

TBD

*Examples of wellness activities or enrichment classes: CrossFit,
Yoga, Pilates, kickboxing, HIIT, Zumba, meditation, mindfulness.*

10-50 points

Participate in one the following Wellness Activities:

*Massage Therapy visit, Chiropractor visit,
Professional Development, Volunteer Work*

5 points each



2018 Cloud Wellness Program	POINTS POSSIBLE	POINTS
Required Actions		
Biometric Screening	50 points	
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Vision Exam	50 points	
Work Well		
"Walk Kansas" Team Challenge (Mar-May) - 8 weeks	up to 10 points/week	
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Work Smart		
Wellness Workshops/Assessments	25 points/each	
Make a Difference		
Organize and lead a wellness activity or enrichment workshop/class	TBD	
Participate in wellness activity (see list on front)	5 points each	
	TOTAL	

Receive Personal Day or \$50 for completing **ALL** of the **Required Actions**
 Receive 1 Thor Wellness Ticket for every 50 points earned
 - Tickets used for end of year **Thor Wellness Drawing**
 - prizes may include cash, exercise equipment, trips, certificates

