

BRIDGE TO WELLNESS INCENTIVE PROGRAM

PREVENTATIVE	Possible Points (450max.)	Completion Date(s)	Required Verification	Comments	Points Earned
Annual Preventative Physical (must include age-appropriate screenings) with primary care physician within the program year	100		Copy of signed & completed "General Medical Form" or paid bill or EOB		
If appropriate, complete colonoscopy, Mammogram, Other Cancer Screening (25pt/exam)	25 25 25		Copy of "General Medical Form" or paid bill or EOB		
Dental Exam every 6 months (25 pts./exam; max. 2)	25 25		Copy of "General Medical Form" or paid bill or EOB		
Dermatology Exam	25		Copy of "General Medical Form" or paid bill or EOB		
Annual Eye Exam	25		Copy of "General Medical Form" or paid bill or EOB		
Hearing Screening	25		Copy of "General Medical Form" or paid bill or EOB		
Flu Shot (within 2023/2024 year)	25		Copy of explanation of benefits or paid bill or registration from City sponsored flu clinics		
Tobacco-free	25		Copy of signed & completed General Medical Form		
Tobacco-user successfully complete Tobacco Cessation course/program	75		Copy of signed & completed General Medical Form		
Use Virtuwell, Amwell or Telemedicine	25		Copy of EOB or screenshot of "appointment"		
				TOTAL SECTION POINTS:	

PHYSICAL	Possible Points (450max.)	Completion Date(s)	Required Verification	Comments	Points Earned
Participate in physical/exercise-based challenges through Wellable, My Health Rewards, internal-dept. challenge, etc.(25 pts./challenge; max. 4)	25 25 25 25		Verified through Wellable/My Health Rewards/department lead		
Participate in or coach active/organized sports league	25		Provide copy of registration form		
Participate in a race 1x/quarter (e.g., 5K, bike race, triathlon, ski race, etc. max 100pts)	25 25 25 25		Provide copy of registration form, results and/or picture from event		
Workout 8 times/month at a workout facility/online fitness classes, home gym and/or personal trainer (earn 25 points/quarter; max. 4 quarters)	25 25 25 25		Verification from workout facility/online course registration/trainer or eligible tracking device		
Actively participate in outdoor recreational activity (such as downhill/cross-country skiing, snowboarding, snowshoeing, mountain/road biking, hiking, canoeing, kayaking, SUP, etc)	25		Provide picture or receipt of payment		
200,000 steps or 600 minutes of activity in a 4-week period (earn 25 points/quarter; max. 4 quarters)	25 25 25 25		Report through activity tracking device or trackable app		
				TOTAL SECTION POINTS:	

WEIGHT-MANAGEMENT	Possible Points (500max.)	Completion Date(s)	Required Verification	Comments	Points Earned
Participate in Omada or Diabetes Prevention Program (25 pts./4 lessons; max. 16 lessons)	25 25 25 25		Screenshot of lesson completion		
Join & actively participate in Weight Watchers, Profile by Sanford, TLS, St. Luke's, or Essentia, etc., weight management programs	75		Verification through program/coach		

WEIGHT-MANAGEMENT	Possible Points (500max.)	Completion Date(s)	Required Verification	Comments	Points Earned
Participate in obesity/weight management/disease management coaching program	50		Self-reported		
Meet with a Dietician OR Health Coach	50		Verification through dietician/Receipt from Health Coaching Services		
Participate in Wellable, My Health Rewards, or similar weight-management or nutrition focused challenge	25		Verification through Wellable or My Health Rewards		
Participate in CSA(s) OR Grow Your Own Garden (at least 20x20bed)	25		Verification through CSA registration/receipt/Photo of Garden		
Take cooking classes through Whole Foods Co-op, Community Ed, or other (25 pts./class; max. 4)	25 25 25 25		Verification through registration/receipt		
Participate in Fresh Food Delivery Box Services	25		Receipt of purchase		
Attend a nutrition-focused lunch and learn or complete complementary webinar or e-course	25		Verification through sign-in		
Purchase items from Farmers Market 4 separate times (indoor/outdoor market/farm)	25		Take picture of yourself with your purchased produce		
				TOTAL SECTION	

MENTAL HEALTH	Possible Points (450max.)	Completion Date(s)	Required Verification	Comments	Points Earned
Complete 4 e-learning (Soft Skills) courses OR equivalent webinars NEW TO YOU through EAP (25 pts./4 courses)	25		Print out certification from e-learning course		
Participate in a mindfulness course through Essentia, UMD or online or NEW! Be Calm Course	75		Certificate of completion, registration or receipt of payment		
Complete Mental Health First Aid Training	75		Certificate of completion		
Participate in Random Acts of Kindness	25		Verification through photos and/or stories		
Actively practice Yoga/Tai Chi/ meditation /spiritual practice	25		Self-reported		
Actively participate in addiction/support group/therapy	75		Self-reported		
Work with a Life Coach or Mental Health Coach through SandCreek EAP or Medica My Health Rewards or other organization	50		Self-reported		
Participate in Positive Psychology (or Positive Intelligence, etc) course	75		Certificate of completion		
Volunteer	25		Verification from source of volunteer opportunity		

				TOTAL SECTION	

CAREER/OCCUPATIONAL HEALTH	Possible Points (225max)	Completion Date(s)	Required Verification	Comments	Points Earned
Attend a voluntary leadership development training (not assigned by employer) could include: Chamber events, conferences, etc.	25		Copy of registration/certificate of completion		
Continuing education courses on Emotional Intelligence, Communication, Effective Working Relationships, etc. (25/course max 4)	25 25 25 25		Copy of registration/certificate of completion		
Completing a degree while working (i.e. Master's, etc)	100		Copy of course registration		
				TOTAL SECTION POINTS:	

OTHER	Possible Points (625max.)	Completion Date(s)	Required Verification	Comments	Points Earned
Attend Health Fair	25		Sign in at Health Fair		
Attend a lunch and learn (not nutrition focused) or complete alternative complementary webinar	25		Sign-in/registration required at event		
Participate in deferred compensation or other retirement contributions	25		Paystub or printout from vendor		
Bus/Bike/Walk to work regularly	25		Self Report		
Donate Blood	25		Self Report		
Work with a financial counselor through EAP, Lutheran Social Services or other reputable source OR complete online financial wellbeing webinars/courses through EAP, Wells Fargo at Work, or other reputable source	50		Certificate or screenshot for online course; Self-report for working with counselor		
Participate in an Environmental initiative such as Adopt-a-Park, Adopt-Highway, plant trees/pollinator gardens, remove invasives, recycle regularly, etc	25		Provide photo of participation or verification from initiative coordinator		
Equity Ambassador as part of organization initiative	75		Verification through team lead		
Participate in Diversity & Inclusion activities (hosted conversations, speakers, online courses, community events, etc) 25pt/event max 4	25 25 25 25		Photo of registration for event/at event/screenshot of course work, etc.		
Participate in My Health Rewards (achieve levels for points) 25pt/level 1, 50pt/level 2, 75pt/level 3, 100pt/level 4 (Admin upload only)	25 50 75 100		Verification by My Health Rewards report		
BONUS: Complete one activity from each section	Possible Points: 25			BONUS SECTION POINTS:	

TOTAL POINTS EARNED:	
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