

# WellAware Points

Activity	Maximum Points	Validation
Register on myuhc.com or already registered	5 Points	Self Reported
Complete Health Risk Assessment (HRA) Spouse completes HRA	15 Points 10 Points	Print confirmation page after completion and return to WellAware representative
Participate in a screening: blood pressure, glucose, cholesterol, prostate, mammogram, pap smear, etc. (2 points per screening)	6 Points	Self Reported
WellAware Seminars (2 points per seminar)	6 Points	Cards will stamped at each seminar
Annual Physical (one time per year)	5 Points	Self Reported
Attend WellAware Health & Lifestyle Expo	5 Points	Cards can be stamped at the expo
Enroll in an intervention program (TOPS, Downshift, BP Success Zone)	5 Points	Print confirmation page from BPSuccessZone and Downshift once registered. Show your TOPS membership card to get credit for the program.
Attend a Safety Team sponsored CPR class.	5 Points	Credit will be given upon completion of the class
Participate in a WellAware sponsored Incentive Program (5 points each) Healthiest Loser Walking Program	10 Points	Credit will be given upon completion of the program

**Goal = 50 Points to Achieve ONE of the following Awards:  
a one year membership in a City sponsored fitness facility,  
\$50.00 Gift Card**