

2022 Wellness Program Incentive Checklist	
ACTIVITY	POINT VALUE
REQUIRED PROGRAM REQUIREMENTS	
Biometrics	125
HDL: > 40 for MEN/>50 for Women	50
Blood Pressure: <130-85 mmHG	50
Waist Circumference: Men<40"/W<35"	50
Glucose: <100mg/dL fasting	50
Triglycerides: <150 mg/dL fasting	50
Age Gage	75
Preventative Annual Exam	100
OPTIONAL	
Tobacco Free Affidavit	100
Aurora Freedom From Smoking not earn these pounts if you have previously completed the "Tobacco Free Passed Affidavit" points	May 100
Virtual/Onsite Aurora Group Health Care Clinic Visit	25
Aurora Group Health Trust Clinic Facebook	25
Dental Exam	50
Vision Exam	50
Flu Shot	50
COVID 19 - Vaccine	50
COVID 19 - Booster Shot	25
Teledoc	25
Wellness Coaching (If you fail four or more of the biometric thresholds you will be required to complete the wellness coaching module with Elizabeth Merry at the Aurora Group Health Trust Clinic)	75
QUARTERLY WORKOUT	
One workout each quarter for a maxium of 100 points	25
EDUCATIONAL SECTION	
HealthyU (One per quarter for a maximim of 100 points)	25
PERSONAL CHALLENGES	
One Challenge per quarter for a maxium of 100 points	25
QUARTERLY CHALLENGES	
One Challenge per quarter for a maxium of 100 points	25