

## 1,000 TOTAL POINTS TO QUALIFY

(Updated 7/10/20)

### POINT EARNING ACTIVITIES

#### Preventive Health:

- **Annual Wellness Management**  
*Annual Physical, Personal Care Management*  
**200 points each**
- **Preventive Screenings:**  
*Mammogram, PSA, Pap Test/Pelvic Exam, Colonoscopy, Skin Cancer Screening, Bone Density Exam, Dental Exam(s), Eye Exam, Flu Shot, Age Appropriate Vaccination(s)*  
**50 points each (portal limits 1 per month)**
- **Health Assessment**  
**50 points**
- **Biometric Screening**  
*(Submitting PCP Form)*  
**50 points**

#### On Campus:

- **Alternative Wellness Activities**  
*Daily Meditation, Farmer's Market*  
**1 point per day each**
- **Meditation Monday**  
**5 points per day**
- **Tuesday Yoga**  
**5 points per day**
- **Walking Wednesday**  
**5 points per day**
- **Daily Exercise at EWC**  
**5 points per day**
- **Healthy Seminars**  
**10 points (100 max)**
- **Angela Gaffney Webinars**  
*(Located under Programs in Virgin Pulse)*  
**25 points each**

#### Daily Habits:

- **Track Movement for 20 days\***  
*Track 7,000 steps AND/OR 15 active minutes AND/OR 15 workout minutes for 20 days*  
**80 points per month**
- **Track calories for 20 days\***  
**20 points per month**
- **Sleep greater than 7 hours for 20 days\***  
**20 points per month**

#### Wellness Challenges:

- **Join Company Challenge**  
**25 points**
- **Create a Personal Challenge**  
**10 points per month**
- **Join a Personal Challenge**  
**10 points per month**
- **Win Promoted Healthy Habit Challenge**  
**20 points per month**

#### Wellness Activities:

- **Health Coaching Session**  
**25 points (100 max)**
- **Social Engagement**  
*Race/event or Season of Recreational Sports, or Volunteerism*  
**25 points (200 max)**
- **Online Journeys**  
**25 points (100 annual max, 1 per quarter)**
- **Professional Health Services**  
*Counseling session, Nutrition visit, Physical Therapy visit, Chiropractor visit, Massage, Personal Training session*  
**25 points each (500 max)**
- **Connect First Activity Device**  
**25 points**
- **Teladoc Registration**  
**25 points**

\*Please note: you must connect a device to the portal to receive these points via automatic syncing.

**For questions contact: [wcs.support@virginpulse.com](mailto:wcs.support@virginpulse.com)**

*New hires after April 2020, receive 90 points per month of the incentive program missed.*

If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact our support team at 855.913.0578 or [wcs.support@virginpulse.com](mailto:wcs.support@virginpulse.com) and we will work with you to find a reasonable alternative.

For more information on medical disclosures and to review the EEOC Notice specific to this program please visit the programs page of the HPU Employee Wellness Portal.

Incentive will be applied during the 2021 benefits year (June 1, 2021 – May 31, 2022)

**HIGH POINT UNIVERSITY**  
Employee Wellness