

# 2020-2021 Wellness Incentive Checklist

Verify your progress on [my.marathon-health.com](https://my.marathon-health.com)

You must earn **100 points** and complete the two required activities by **August 31** to receive the wellness discount for next year.

## Required activities:

- Complete the Health History and Risk Assessment or HRA Annual Update at [my.marathon-health.com](https://my.marathon-health.com) (10 points)
- Complete a Comprehensive Health Review (CHR) with a health coach (10 points)

## Additional activities:

- Complete one of the following tobacco/nicotine related activities (10 points)
  - I am tobacco and nicotine free, or have been tobacco and nicotine free for 6 months and completed an attestation at [my.marathon-health.com](https://my.marathon-health.com) or let my health coach know
  - I am a tobacco user and have completed 3 tobacco cessation coaching visits with a Marathon Health provider or health coach
  - I am a tobacco user and have completed the Smoking Cessation Workshop on [my.marathon-health.com](https://my.marathon-health.com)
- Complete your biometric screening (30 points)
  - Achieve healthy numbers for 3 of your 4 biometric values (50 points)
- Complete two follow-up health coaching visits after your CHR (50 points)
  - Complete a third follow-up health coaching visit (10 points)
  - Complete a fourth follow-up health coaching visit (10 points)
- Complete an annual physical at the Carter Wellness Clinic (Tabor City employees), or complete an annual physical or CDL with an outside provider (20 points)
- Complete a preventive age/gender related exam, dental cleaning, or eye exam
  - Exam 1 (10 points)
  - Exam 2 (10 points)
- Complete the Meditation Workshop with Lyn Tally (20 points)
- Participate in a lunch and learn or wellness workshop (5 points each, 10 point max)
  - Lunch and learn or workshop 1 (5 points)
  - Lunch and learn or workshop 2 (5 points)
- Complete the step goal of a step challenge (5 points each, 10 points max)
  - Step challenge 1 (5 points)
  - Step challenge 2 (5 points)
- Participate in the "Work It Off" challenge and achieve 5% body weight loss (10 points)
- Participate in a Marathon eHealth Portal Wellness Workshop at [my.marathon-health.com](https://my.marathon-health.com) (5 points each, 10 points max)
  - Wellness Workshop 1 (5 points)
  - Wellness Workshop 2 (5 points)

Questions? Contact your local wellness coordinator.

