

## Monthly Wellness Participation Checklist:

Complete this page and return it along with all documentation to [health@fsd145.org](mailto:health@fsd145.org) to be sure you receive credit in the proper categories for the month. Your points will be updated by the end of the next month. **You may not use one activity in multiple areas. Example: one 30 minute class at the gym cannot count as 30 minute workout points + class points + gym attendance for that one particular activity.**

Name: \_\_\_\_\_

Month/Year: \_\_\_\_\_

Categories and documentation required\* (check each category you are submitting for this month):

- Wellness Seminar Attendance** (webinar) **50 points (per seminar)**
- Gym Workouts – 8 times per month** **50 points (per month)**  
*\*Use of home equipment may count towards your points. Include the date, time used and type of activity. (Minimum 30 minute workout)*
- Group Fitness Class – 3 times per month** **50 points (per month)**  
*\*Verified by monthly class attendance printout or calendar initialed by class instructor. Virtual class is an option. Include the title of the class along with the date, time and type of activity. (Minimum of 30 minutes in length per class.)*
- 10,000 or More Steps per Day OR 30 Minutes of Moderate Exercise** **50 points (per month)**  
*\*Verified by app printout, screenshot of your activity or signed calendar showing the dates of your activity. (Eight times per month required to earn points.)*
- Annual Wellness Exam/Physical** **50 points (year)**  
*\*Verification form must be signed and submitted. Appointments dated 6/1/23 – 5/31/24 will count for this year's program.*
- Annual Dental Exam** **50 points (year)**  
*\*Verification form must be signed and submitted. Appointments dated 6/1/23 – 5/31/24 will count for this year's program.*
- Annual Vision Exam** **50 points (year)**  
*\*Verification form must be signed and submitted. Appointments dated 6/1/23 – 5/31/24 will count for this year's program.*
- Biometric Screening Participation** **150 points (year)**  
*Watch your email for the dates/locations!  
\*Attendance will be taken and points awarded.*
- Monthly Challenge** **100 points (per month)**  
*\* Monthly Challenge must be completed according to challenge criteria.*
- BCBSIL – Health Assessment** **50 points (per year)**  
*\*Complete the Well onTarget Health Assessment found on your bcbsil.com personal portal. Submit verification.*
- BCBSIL – Completed Educational Program or Challenge** **50 points (per month)**  
*\*Complete a Well onTarget Challenge or Program found on your bcbsil.com personal portal. Submit verification.*
- BCBSIL – Register for MDLive** **50 points (per year)**  
*\*Register for MDLive or show proof that you are already registered.*

Wellness Program details may be found by going to our website: [fsd145.org/wellness](https://fsd145.org/wellness)  
Accommodations may be arranged as required for special needs. Contact Michelle Keister.