

COMPLETE THE ACTIVITIES OF YOUR CHOICE. EARN 100 WELLNESS POINTS.

Participating in the beneFIT well-being program will help you find happy. Simply choose the activities of your choice to earn 100 Wellness Points. Complete your activities by March 31, 2017.

WELL-BEING ACTIVITIES	POINTS	MAX POINTS
Well-Being Programs Lifestyle Coaching Self-Directed Coaching Mindfulness Series Digital Workshop - Cholesterol Digital Workshop - Migraines Digital Workshop - Back Health Digital Workshop - Carpal Tunnel	75 40 40 15 15 15 15	Earn a maximum of 100 Well-Being Programs points
Challenges Colorful Choices Right this Weigh	50 50	Earn a maximum of 100 Challenge points
Well-Being Activities Community Physical Financial Emotional Self-Care SD Tobacco Quitline Program Educational Classes/Webinars	25 25 25 25 25 25 10	Earn a maximum of 50 Well-Being Activities points
Prevention Care Programs Physical Exams Mammography Vision Exam Dental Exam Required Physical Fitness Test	25 25 25 25 25	Earn a maximum of 50 Preventative Care Program points
Health Home Pilot Program* Quarter 1 Quarter 2 Quarter 3	10 10 10	Earn a maximum of 30 Health Home Care Program points
Employee Assistance Program	50	Earn a maximum of 50 Employee Assistance Program points
HMP Enrollment Programs Month 1 Month 2 Month 3	25 25 25	Earn a maximum of 75 HMP Enrollment Program points
HMP Complex Case Management	100	Earn a maximum of 100 HMP Complex Case Management points

*Health Home Pilot Program is only open to employees/spouses who fit the eligibility criteria and are attributed to a primary care doctor in the three pilot cities (Brookings, Pierre, Rapid City).