



KNOW YOUR NUMBERS

Wellness-Connect Health Assessment

50 points (1 time per year)

Biometric Screening Via Physician Form

200 points (1 time per year)

Select 'Physician Form' under 'My Health Hub' & complete steps 1-3
(Only screening submissions made on Wellness-Connect Physician Forms will be accepted)



HEALTH MEASURES

Weight Loss

100 points per 10lbs. lost (Unlimited)

Maintain Healthy Weight

100 points each (1 time per year)

HDL in Healthy Range

100 points each (1 time per year)

A1C in Healthy Range

50 points (1 time per year)

Points are earned by participating in the Health Screening or Physician Statement



ANNUAL EXAMS

Annual Physical

100 points (1 time per year)

Wellness Exams

100 points (5 time per year)

Routine Lab Work

100 points (1 time per year)

Bone Density Screening

25 points (1 time per year)

Blood Plasma Donation

25 points (6 time per year)

Flu Shot

100 points (1 time per year)

COVID-19 Vaccine

100 points (1 time only)

COVID-19 Vaccine Booster

100 points (1 time only)

Select 'Upload Exams & Events' under 'Earn Points' to upload a testimonial/success story. Uploads will go through approval process before points are awarded in your account

WELLNESS POINTS MENU



WELLNESS CHALLENGES

Wellness-Connect Challenges

Up to 60 points (3-4 times per year)

Complete a Challenge

25 points (Up to 4 times per year)

Select 'Challenges' under 'Earn Points' to join an active challenge.
Reach the final milestone to complete a challenge.



WELLNESS COACHING

Coaching Appointment

10 points each

(1 time per week, up to 52 weeks)

Schedule your phone or email session on Wellness-Connect



PHYSICAL ACTIVITIES

Workout

2 points (365 times per year)

A workout is either 5k steps, 30 minutes of activity or a gym check-in

Select 'Connect Device' in the top bar to connect your device and track activity

Select 'Gym Check-In' under 'Earn Points' to access the check-in map



ORGANIZED RACE EVENTS

5K Walk/Run

25 points (5 times per year)

10k walk/Run

40 Points (5 times per year)

Half-Marathon

60 points (5 times per year)

Marathon/Triathlon

75 points (5 times per year)

Select 'Upload Exams & Events' under 'Earn Points' to upload a race bib, time or event receipt.

Uploads will go through approval process before points are awarded in your account



GET SOCIAL

Testimonial/Success Story

25 points

(1 time per year, 250 word minimum)

Portal Log-In

1 point (52 times per year)

Select 'Upload Exams & Events' under 'Earn Points' to upload a testimonial or success story.

Testimonial/Success Story must be 250 words minimum.

Uploads will go through approval process before points are awarded in your account



GET INFORMED

Wellness Lessons

5 points (12 times per year)

Quizzes

10 points (2 times per year)

Access these wellness activities and more under 'Earn Points'



GET ENGAGED

Total Wellness Program:

50 points (1 time per year)

To earn credit for these activities, Select 'Upload Exams & Events' under 'Earn Points' to upload a testimonial/success story. Testimonial/Success Story must be 250 words minimum. Uploads will go through approval process before points are awarded in your account

DEADLINE TO EARN POINTS
SEPTEMBER 30, 2022



wellness works



Wellness-Connect

Connecting You to Better Health

WELLNESS POINTS MENU

DEFINITIONS



HEALTH MEASURES

Weight Loss

decrease in body weight substantiated by Health Screening participation or Physician Statement

Maintain Healthy Weight

maintaining a BMI in the healthy range (18.5 to 24.9)

HDL in Healthy Range

having a HDL score greater than 45

A1C in Healthy Range

having a A1C score less than 5.7

ANNUAL EXAMS

Annual Physical

routine annual wellness exam with your primary physician

Wellness Exams

routine and preventive examinations such as mammogram, pap smear, colonoscopy, prostate exam, dental cleaning, vision exam, skin cancer screening, etc... Does not include diagnostic testing or lab work.

Routine Lab Work

the explanation of benefits uploaded must state it is screening/routine lab work

Bone Density Screening

a bone density test is used to diagnose osteoporosis. Documentation submitted must reflect it was a bone density screening and not diagnostic.

Blood/Plasma Donation

voluntary blood draw at a designated facility such as Oklahoma Blood Institute.

Flu Shot

annual vaccination against influenza.

Covid-19 Vaccine

vaccination against Covid-19 virus.

WELLNESS COACHING

Coaching Appointment

one-on-one consultation with a health coach (online or by phone) through Wellness-Connect.

PHYSICAL ACTIVITIES

Workout

A workout is completing either 5k steps, 30 minutes of activity or a gym check-in once per day

WELLNESS CHALLENGES

Wellness-Connect Challenges

various wellness-themed activities offered to MLS employees throughout the year.

Complete a Challenge

reach the final milestone in a step or tracker challenge to complete the challenge.

ORGANIZED RACE EVENTS

5K Walk/Run

a charitable walk, run or biking event with an advertised distance of 5 kilometers or 3.1 miles.

10K Walk/Run

a charitable walk, run or biking event with an advertised distance of 10 kilometers or 6.2 miles.

Half Marathon

a charitable walk, run or biking event with an advertised distance of 21.7 kilometers or 13.1 miles.

Marathon/Triathlon

a charitable walk, run or biking event with an advertised distance of 41.2 kilometers or 26.2 miles.

GET SOCIAL

Testimonial/Success Story

share a story about how Wellness Works has impacted your life (must be 250+ words to qualify for Wellness points).

Portal Log-In

log in to Wellness-Connect once per week.

GET INFORMED

Wellness Lessons

6-week lessons designed to help you learn about and practice healthy behaviors.

Quizzes

test your knowledge or take risks tests on popular health topics