

WELLNESS WORKS 2012

LOG OF ACTIVITIES

Health Maintenance Exams *(Documentation required for all health maintenance exams)*

Annual Physical		5 pts.	
Dental Exam		5 pts.	Can submit documentation for two cleanings per year for 5 pts each
		5 pts.	
Vision Exam		5 pts.	
Mammogram		5 pts.	
PSA/DRE		5 pts.	
Bone Density		5 pts.	

Smoking Cessation

Nonsmoking Status		10 pts	Documentation Required . E-mail Deb Pence dpence@icc.edu or Vanessa Rickey vanessa.rickey@icc.edu to indicate nonsmoking status. Must resubmit each year.
Kick The Habit		75 pts	Documentation Required . Refer to Wellness Works Explanations for specific information.

Weight Management

Healthy Weight Maintenance		10 pts	This will be measured by BMI. Please refer to Wellness Works Explanations for specific information
10% Weight Loss		25 pts	
20% Weight Loss		50 pts	
Weight Management Group (Weight Watcher's, Jenny Craig etc.)		10 pts	Documentation Required

Miscellaneous

CPR/AED Certification		5 pts	Documentation required (i.e., photocopy of CPR card)
Blood Donation		5 pts	Documentation required (i.e., photocopy of front/back of blood donor card or post-donation documentation)
		5 pts	Allowed to count two blood donations per year.
Charitable Walk/Run		5 pts	Documentation required (i.e. copy of registration, bib number, etc.)
Noncharitable Walk/Run		5 pts	Allowed to count one of each Walk/Run (charitable/noncharitable) per year.
Flu Vaccine		5 pts	Documentation Required if not done at ICC
Saturday Sampler		10 pts	Saturday Samplers are held at the CougarPlex quarterly (Watch website for dates and times.)

(Over)

Exercise

CougarPlex	For 2012 starting 1/01/2012
Printout with documented 100 visits in 2012 which qualifies you for \$150 rebate	

Off Campus Health Club	For 2012 Starting 1/01/2012
Printout with documented 100 visits in 2012 which qualifies you for 150 wellness points	

Home Workout	For 2012 Starting 1/01/2012
Log with documented 100 workouts in 2012 which qualified you for 75 wellness points	

Programs

Get Fit on Route 66	20 pts	Logs must be completed by 12/31/2012 and submitted to Health Services by 1/04/2013
Health For the Holidays	20 pts	

Seminars

Seminar #1	10 pts	Attendance
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Seminar #2	10 pts	Attendance
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Seminar #3	10 pts	Attendance
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Seminar #4	10 pts	Attendance
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Wellness Works Sponsored Screenings

Optimum Health Solutions	25pts	Health Assessment and Lab Work
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Methodist Wellmobile	5 pts	Health Screening and Lab Work
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