

Wellness Program Participation Tracker



Wellness activity (see point key below)	Suggested Well Informed resource	John Smith	Jane Doe	Employee 3	Employee 4	Employee 5
Health risk assessment (10 points)	WebMD HealthQuotient™ through <i>myCIGNA.com</i> or My Health Media's "Test my Wellness" assessment through Highmark Blue Cross Blue Shield®.	10	10			
Chronic condition management program (15 points)	Highmark's Blues on Call ® or My Health Media's "Care for your health" program at <i>highmarkbcbs.com</i> .		15			
Healthy living seminar (5 points/each)	Use resources from Highmark's Lifestyle Improvement Programs or Health and Wellness resources through Medco and CIGNA to develop these educational seminars.	5				
Exercise program (10 points)	Get discounted gym memberships including Curves® through CIGNA's Healthy Rewards ® or use a fitness support program such as CIGNA's LEAP or Highmark's Balance Weight Management .	10				
Quarterly activity participation points/each (5)	See included sample calendar for quarterly activity ideas.	5	10			
Blood pressure/blood screening (10 points)	Arrange on-site screenings and refer at-risk participants to Blues on Call ® or other condition management programs.		10			
Lifestyle improvement program (10 points)	Highmark's Relax Stress Management or Nourish Nutritional Needs ; see also CIGNA's LEAP and Nutrition programs.	10	10			
Annual physical (15 points)	Attach incentives to getting an annual physical, which is covered at 100% when received from a network provider (as per Preventive Care Schedule) for GuideStone's medical plan participants.	15				
Total points		55	55	0	0	0

Point key

Total points earned	Suggested incentive
25	Entered to win \$100 gift card.
35	Entered to win a \$200 gift card.
45	Employer contributes \$10/mo more toward monthly medical coverage cost or funds the employee's HRA.
55+	Greater employer contribution amount or entered to win a grand prize such as a trip. Alternatives might include extra vacation time or other company-specific privileges.