

- * Earn 20 points each quarter and earn a \$25 per-paycheck discount on your next quarters health insurance premium.
- * Submit your electronic form to your Hotel GM or HR by the last day of each quarter: June 30th, Sept 30th, Dec 31st and March 31st

Activities / Programs

- 20 pts – Completion of the Company Wellness Challenge
- 20 pts – Completion of Weight Management Program (at least 8 weeks) – an organization program that focuses on a healthy and balanced diet
- 20 pts – Lose 5% of your body weight

Physical Activity

- Only 1 in this category can count each qtr.**
- 20 pts – Participation in an organized event such as ½ marathon, marathon, tri (Olympic/Sprint), ½ tri
- 10 pts – Complete and track an “ING” - walking, running, jogging, biking, hiking, dancing, swimming. Can include a sport that involves running or farming, digging, chopping. (12 ING’s per month)
- 10 pts – Gym membership or home gym (12 times per month)

Nutritional Activities

- Only 1 in this category can count each qtr.**
- 20 pts – No junk food for 45 days during the quarter
- 10 pts – No soda for one month
- 10 pts – No fast food for one month
- 10 pts – Bring your lunch 3 times a week for a month
- 10 pts – 64 oz of water 5 days a week for one month

Community Activities

- Only 1 in this category can count each qtr.**
- 5 pts – Participation in a community walk such as a neighborhood/private fundraiser or school event
- 5 pts – Donate blood (not plasma)
- 5 pts – Volunteer in local community

Preventive Care

- Only 1 in this category can count each qtr.**
- 20 pts – Full annual physical with labs (note: this will incur costs, see HR with any questions. Dr.’s form will be required to get the Golden Ticket for the Grand Prize.)
- 15 pts – Preventive care screening such as mammogram, colonoscopy, pap smear, prostate screening (1 screening, each type annually)
- 10 pts – Dental routine cleaning exam

Stress Management Activities

- Only 1 in this category can count each qtr.**
- 20 pts – End Screen Time (phone/TV/ Social Media) 1 hour before bed for 45 days during the quarter
- 10 pts – Attend a class, seminar, or read a book on a Stress Management, Mental Health, or Finance topic.
- 10 pts – Try different methods of relaxing and quiet the mind such as meditation, visualization, stretching, reading and deep breathing for 20-30 minutes a day (12 times per month)
- 5 pts – Get a least 7-8 hours of sleep per night for one week

Wittwer Hospitality

BlvdHome



English

Spanish



English

Spanish



Scan QR Code to submit points!