

HOW TO EARN WELLPOINTS

GOAL: 250 POINTS

WELLPOINTS PERIOD: OCTOBER 1, 2013 – AUGUST 31, 2014

To participate in WellPoints, you must complete the Engagement category, which is worth 150 points. Earn the remaining points by participating in some of the activities listed under options one through three.

ENGAGEMENT (REQUIRED)

To participate in WellPoints, you **must** complete the following two Engagement activities:

- Annual Physical Exam* (100 Points)
 - Includes BMI, Blood Pressure, Fasting LDL & Fasting Glucose
- MyUHC Online Health Assessment* (50 Points)

***REQUIRED**

OPTION 1

Biometric Target

- Biometric Screening Targets (Max: 100 Points)
 - Earn points for meeting biometric targets:
 - Targets: BMI (Less than 30); Blood Pressure (Systolic: Less than 140; Diastolic: Less than 90); Fasting LDL (Less than 130); and Fasting Glucose (Less than 100)

0-1 Target = 0 Points

2 Targets = 50 Points

3 Targets = 75 Points

4 Targets = 100 Points

OPTION 2

Take Action (Max: 100 Points)

- Each program worth 100 points
- Two Options: Disease Management and YMCA Diabetes Prevention
 - Disease Management Program
 - Four Program Options: Asthma, Diabetes, Coronary Artery Disease, and Heart Failure
 - Eligible Participants will Receive an Outreach Call from a UnitedHealthcare Nurse
 - YMCA Diabetes Prevention Program

Behavior Change (Max: 50 Points)

- Each activity worth 25 points
- Activities include: Boot Camp, Weight Loss Program, WellAware-sponsored Fitness Activities, Gym/Fitness Center Participation and Community Races

Bonus Activities (Max: 30 Points)

- Each activity worth 10 points
- Activities include: City of Dallas Department-sponsored activities (e.g., Walks, Health Fairs & Fitness Activities)

OPTION 3 (REASONABLE ALTERNATIVES)

You may also participate in the following reasonable alternatives:

Online Coaching

- Earn program worth 25 points (Max: 50 Points)
- Participate in up to **two** programs
- Go to www.myuhc.com for online coaching program information

Education

- Each program worth 10 points (Max: 50 Points)
- Participate in up to **five** programs
- Activities include WellAware Health Fair & learning/health seminars hosted or sponsored by WellAware