

2023 Points Chart

Develop your 300 point plan today and track it monthly!

Program Dates: 4/1/23 - 12/31/23



REQUIRED: PCP ENGAGEMENT	Date	Points	Your Points
Submit a Completed Physician Form with Biometrics	_____	100	_____
Record your Annual Physical	_____	100	_____

REQUIRED: PREVENTIVE VISITS* (pick 2) OR HEALTH RISK ASSESSMENT	*Required: 100 points from this section*		
Colonoscopy (no charge under medical plan; age 50 & over; every 5 years)	_____	50	_____
Mammogram (no charge under medical plans; age 40 & over)	_____	50	_____
OB/GYN Visit (no charge under medical plans)	_____	50	_____
Prostate Exam (could be specialist copay)	_____	50	_____
Dental Exam (max. 2 per calendar year; no charge under dental plan)	_____	50	_____
Skin Cancer Exam (could be specialist copay)	_____	50	_____
Flu Shot or COVID Vaccine (company provides free annual flu shots)	_____	50	_____
Annual Eye Exam (\$10 under vision plan)	_____	50	_____
Take the Health Assessment (www.allwell.medikeeper.com)	_____	100	_____

ADDITIONAL ACTIVITIES			
Counseling Session through KEPRO (3 free sessions per topic per year - call 1-800-607-1522)	_____	200	_____
Livongo for Diabetes	_____	200	_____
Attend Weight Management Program (weight watchers, medifast, nutrisystem, etc.)	_____	200	_____
Attend Smoking Cessation Program (send proof of completion; attach or fax to 410.308.0865)	_____	200	_____
Participate in a 5k (or other physical endurance challenge)	_____	200	_____
1-on-1 401(K) Financial Wellness Session with Morgan Stanley	_____	200	_____
Any Community Service Event (community clean up, volunteer at a homeless shelter, etc.)	_____	200	_____
Call with the Allegeant Nurse (Health risks, nutrition advice, etc. - email kharris@allegeant.net)	_____	200	_____
Allegeant Pal-to-Pal Challenge	_____	100	_____
Allegeant Wellness Challenge: Step It Up	_____	100	_____
Allegeant Wellness Challenge: Building Better Habits	_____	100	_____
Allegeant Plan for Wellness (www.allwell.medikeeper.com)	_____	100	_____
Self Reported Exercise (max: 2 per year)	_____	50	_____
KEPRO Webinars (eaphelplink.com)	_____	25	_____
Principal Webinars	_____	25	_____
Monthly Wellness Wednesday Message (www.allwell.medikeeper.com)	_____	25	_____
Group Walks (6 available)	_____	25	_____

LIVE VIRTUAL WEBINARS			
The Six Dimensions of Wellness	_____	50	_____
Heart Disease & Cholesterol	_____	50	_____
Healthy Mind Toolkit – Boosting Your Mental Health	_____	50	_____
Medicare	_____	50	_____
Social Security	_____	50	_____
Diabetes Prevention & Management	_____	50	_____

Complete 450 total points to earn a \$50 gift card (SILVER level). Total Points Earned
 OR Complete 600 total points to earn a \$75 gift card (GOLD level). _____

❖ Please go onto www.allwell.medikeeper.com to enter your activities OR record your activities on your points chart. Most activities will be tracked under the 'Events' tab on the wellness portal.

*Any annual and preventive care visits completed between 1/1/23 and 3/31/23 will count toward the wellness qualification.

Printed Full Name

Employee #

Date Submitted

How to access Additional Activities on the Points Chart

How to watch the Wellness Wednesday Messages- 25 wellness points each

Available on the Wellness Portal at www.allwell.medikeeper.com. See calendar of events for the dates.

How to watch KEPRO EAP Webinars- 25 wellness points each

Watch webinars through the Employee Assistance Program (EAP). KEPRO's Online seminars are located at www.EAPHelplink.com. Use Company Code: WEBEAP to login.

NOTE: At the end of each video you must answer EVERY question in order to get the conformation message and have the certification of completion emailed to you. To earn the 25 points, send the certificate to Kayla at kbradley@allegeant.net or fax to 410-308-0865 OR print the certificate and attach it to your points chart.

How to watch Live Virtual Webinars - 50 wellness points each

A link to the Live Virtual Webinars will be sent out by email before each webinar and posted on the portal. Presentations will start at 5:30 pm.

Principal 401(K) Webinars - 25 wellness points each

Watch live sessions at www.principal.com/LearnNow OR If you can't attend the live session then watch the webinars on demand at www.principal.com/LearnNowOnDemand

LIVONGO- 200 wellness points

If you have Diabetes Type I or II and are covered under our Medical Plans you are eligible to enroll in Livongo. After enrolling you will receive a connected meter, unlimited test strips, and coaching for FREE! See page 15 of the benefit guide book to learn about enrolling or call HR at 410-771-4311.

SMOKING CESSATION- earn between 100 to 200 wellness points

Reach out to our Wellness Coordinator, Kathy Harris at 443-902-1207 or kharris@allegeant.net to set up a date for your individual consultation to discuss your "QUIT Plan." Earn 100 wellness points.

Or participate in any Smoking Cessation Program with proof of completion. Earn 200 wellness points.

Remember! After 3 months of being smoke free, you are eligible to redo you Tobacco Affidavit and receive a premium reduction!

1-on-1 401(K) Financial Wellness Session with Morgan Stanley- 200 wellness points

Call Steve Lowman our financial advisor from Morgan Stanley at 301-961-1823. If you have an appointment with a financial advisor at one of the Annual HR/Safety meetings you can use that to earn 200 wellness points!

Call with an Allegeant Nurse - 200 wellness points

Get advice from an Allegeant Nurse about Health risks, nutrition advice, etc. Email Kathy Harris at kharris@allegeant.net or call at 443-902-1207 to setup an appointment.

Counseling Sessions Through KEPRO EAP- 200 wellness points

3 free sessions per topic per year through KEPRO EAP. Call 1-800-607-1522 to schedule a session.