

GET REWARDED FOR HEALTHY HABITS



Complete this activity to earn in

Deadline:

Health Assessment (online or mobile)

Participate in additional healthy activities throughout the year to earn points and reach new levels.

| | Level 1 | Level 2 | Level 3 | Level 4 |
|---------------|---------|---------|---------|---------|
| Points | 7,000 | 25,000 | 40,000 | 60,000 |
| Reward | | | | |

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

| | Do healthy things: | Earn points: |
|------------------------|---|--------------|
| Getting started | Complete registration | 250 |
| | First login to mobile app | 500 |
| | Connect first activity device | 200 |
| | Set your interests | 100 |
| | Set a wellbeing goal | 200 |
| Daily | Upload steps from your activity tracker (per 1,000 steps) | 10 |
| | Do your Daily Cards (2 per day) | 20 |
| | Track your Healthy Habits (3 per day) | 10 |
| | Track sleep nightly | 20 |
| | Sleep > 7 hours in a night | 50 |
| | Complete a step in Journeys® | 50 |
| Monthly | Win the promoted Healthy Habit Challenge | 200 |
| | ★ Complete 20 Daily Cards in a month | 200 |
| | ★ Track Healthy Habits 20 days in a month | 300 |
| | ★ Track sleep 10 days in a month | 100 |
| | ★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes | 400 |
| Quarterly | Create a personal challenge | 50 |
| | Choose your eating type | 250 |
| | Choose your sleep profile | 250 |
| | Complete a Journey (3x per quarter) | 500 |
| Yearly | Complete a health checkup (annual exam) | 2,500 |
| | Complete the Nicotine-Free Agreement | 1,000 |

★ Earn bonus points!

Want to reach **Level 4**? Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn. Plus, earn double points for doing all activities on the first of every month!

Who's eligible?

Not registered yet?
Get the mobile app or visit:
BeWellVermont.org

