

# GET REWARDED FOR HEALTHY HABITS



Complete this activity to earn in

|                  |                                      |
|------------------|--------------------------------------|
| <b>Deadline:</b> | 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 |
|---------------|---------|---------|---------|---------|
| <b>Points</b> | 7,000   | 25,000  | 40,000  | 60,000  |
| <b>Reward</b> |         |         |         |         |

# 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          |
|                 | Create a personal challenge   | 50           |
| Quarterly       | 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 on all activities the first of every month!

## Who's eligible?

Not registered yet?  
Get the mobile app or visit:  
[BeWellVermont.org](https://BeWellVermont.org)

