

2016 Wellness Challenge Scorecard

January 1st-November 30th, 2016

Completed scorecards due November 30th! All scorecards received after this date are worth ½ credit.

**If you are participating in Humana Vitality, you do not need to complete this scorecard.*

PRE/POST BODY WEIGHT, BODY MASS INDEX (BMI) & BLOOD PRESSURE

Biometric screenings (height, weight & BMI) will be done at the JCH Wellness Center at scheduled times. Please see attached schedule.

January Weight: _____ November Weight: _____

January BMI: _____ November BMI: _____

2016 Weight Loss Goal based on standards below: _____

- 1) Maintain BMI < 25
- 2) If BMI 25-29.9 lose 5% of body weight
- 3) If BMI > 30 lose 7% of body weight

Blood Pressure

January Blood Pressure: _____ November Blood Pressure: _____

CHOLESTEROL SCREENINGS

Go to the lab at the hospital through Jan. 31st, 2016 to receive your FREE cholesterol test. You do not need to make an appointment. Please ring the bell and wait for the staff to assist you.

Total Cholesterol: _____ HDL: _____ LDL: _____

Cholesterol Requirements: Must meet 2 out of 3 requirements below

- 1.) Total Cholesterol < 200 mg/dL
- 2.) LDL < 130 mg/dL
- 3.) HDL > 40 mg/Dl

Each Wellness Option = \$5	Check if completed
Healthy Cholesterol Levels (meet 2 of the 3 requirements)	
Healthy Blood Pressure (120/80) at the Nov. 2016 screening	
Non-Smoker	
*Massage (limit 1)	
*Preventative Screenings: Ex. Mammogram, PSA, Pap	
*General Physical	
*Bone Density Test	
*Dental Exam (can count 2 visits/year)	
*Flu Shot/Immunization	
*Eye Exam	
*Blood Sugar Screening	
*Routine/General Physician Office Visit	
Complete an approved tobacco cessation course	
Attend a minimum of 10 sessions of a weight control program. Ex. Weight Watchers, TOPS.	
Participate in Wellness Center Community Weight Loss Challenge (can use up to 4 times)	
Gym Usage: Utilize a licensed health club (other than the JCH Wellness Center) 36 times in 3 consecutive months. (can be used 4 quarters)	
Complete a community run, walk or bike event Ex. Relay for life, Heart & Sole, S.O.D.A run/walk, etc. (can use 2 times)	
Spring Break Workout Challenge (Begins Feb. 1 st)	
Summer Workout Challenge (Begins June 6 th)	
Turkey Trot (Begins Oct. 3 rd)	
TOTAL \$ EARNED (Maximum of \$50)	

***REQUIRES RECEIPT**

Visits to the JCH Wellness Center (Jan. 1-Nov. 30, 2015)	
Check in 140 times = \$100	
Check in 120 times = \$75	
Check in 100 times = \$50	
TOTAL \$ EARNED FOR VISITS	

Weight Loss/BMI Goal	
Weight Loss Requirements Met = \$50	

NAME: _____ TOTAL \$ EARNED FOR 2016: _____