

ADDITIONAL INFORMATION FOR WELLNESS STEPS

If you have any additional questions on how to complete or document each Wellness Step, you may find the answer below. The information has been organized into categories as found on the *Wellness Points Documentation Form*. Please note, documentation should be submitted in one packet at the end of the 6-month period using the *Wellness Points Documentation Form* as a cover sheet.

All forms listed in this information sheet may be found at: www.compass-health.com/wellness
If you are unable to find the answer to your question, please contact Compass Health Wellness and Prevention at chiwellness@compass-health.com

Provider Assessments

Earn 20 points for your annual check-up with your Primary Care Provider or other preventative screenings. Ask your physician or medical provider to complete the *Annual-Preventative Exam Documentation* form at the time of your appointment.

Earn 25 points for attending counseling, personal training, or other wellness coaching by completing the applicable attendance log.

- *Counseling Attendance Log* – Track your individual, couples or family counseling sessions.
- *Personal Training Attendance Log* – Track your personal training sessions.
- *Wellness Coaching Attendance Log* – Track your wellness coaching, nutrition counseling or disease management sessions.

Personal Assessments

Earn points by completing personal assessments of health, fitness and wellness.

- *Health Risk Assessment* (10 points)
- *Work/Life Balance Assessment* (10 points)
- *Endurance/Strength Assessment* (15 points)
- *Wellness Check-Ins* (20 points)

Group Programs

Earn 40 points by participating in your facility's semi-annual weight management or other fitness challenge (e.g. Biggest Loser and Maintain Don't Gain). Mark your participation on the *Wellness Points Documentation Form* that is submitted at the end of every 6-month period. Your facility's HR Coordinator will provide Compass Health Wellness and Prevention with verification of your participation.

Earn 30 points by joining a weight management program (e.g. Weight Watchers). Provide a copy of your program enrollment form to receive your points.

Earn 30 points by participating in a tobacco cessation program. Review *Tobacco Cessation and Remaining Tobacco-Free* for information regarding community resources and assistance available through Compass Health Wellness and Prevention.

Be Active

Earn 15 points for going on a hike or walk. Take a selfie and write an attestation about where you hiked/walked and how long you were hiking/walking. If you do not have access to a camera, add a description of your favorite moment and of your most challenging moment to your attestation.

Earn 30 points for participating in an organized race/run (e.g. 5k, marathon). Provide a copy of your enrollment form, or take a selfie at the finish line.

Earn 50 points for exercising at an athletic facility or at home. Track your workouts on the *Fitness-Workout Attendance Log* and complete 70 workout sessions in a 6-month period.

Earn 25 points by participating in a Wellness Event (e.g. yoga, hike, kayaking) hosted by your facility. Mark your participation on the *Wellness Points Documentation Form* that is submitted at the end of every 6-month period. Your facility's HR Coordinator will provide Compass Health Wellness and Prevention with verification of your participation.

Other

Earn 30 points for remaining tobacco-free during the 6-month period after successfully quitting. Provide an attestation about remaining tobacco-free. For more information, review *Tobacco Cessation and Remaining Tobacco-Free*.

Earn 20 points for attending massage therapy at least 3 times during a 6-month period. Track your sessions on the *Massage Therapy Attendance Log*.

Earn 20 points for receiving a CSA produce box (e.g. Talley Farms) at least 3 times during a 6-month period. Provide receipts of your purchase to earn points.

Earn 15 points for volunteering or making a donation. This includes your donation to the Compass Education Foundation! Complete the *Volunteer and Donation Documentation Form* to receive points for your contribution to the community.