

# Activities

Full-time employees can participate in wellness activities to earn points for raffle entries to win Wellness Dollars for the Wellness Rewards Mall! Employees can earn **up to 300 points**, granting them **raffle entries to win up to \$600 to be redeemed in the Wellness Rewards Mall**. All activity submissions should be uploaded and completed by **November 30, 2024**. Employees will redeem their Wellness Dollars by choosing from a variety of reward cards from the Wellworks Rewards Card Mall. Winners will be announced after the wellness year has ended!



## DONATE BLOOD

**LIMIT 2 PER YEAR | 40 POINTS EACH (80 MAX)**

- Earn **40 points** when you donate blood. Submit proof of participation to Wellworks such as confirmation email, receipt, registration information, etc.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## JOIN A SPORTS LEAGUE

**LIMIT 2 PER YEAR | 40 POINTS EACH (80 MAX)**

- Earn **40 points** by participating in any sports league that is a minimum of six (6) weeks long (ex: basketball, volleyball, bowling, etc.).
- Submit proof of participation to Wellworks such as confirmation email, receipt, registration information, etc.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## PHYSICAL ACTIVITY LOG

**25 POINTS**

- Log **50 workouts during the wellness year** using the **Physical Activity Log** found in the **Wellness Locker** and submit the completed form to Wellworks.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## VOLUNTEERISM

**LIMIT 4 PER YEAR | 40 POINTS EACH (160 MAX)**

- Volunteer for the betterment of your community and earn **40 points!** Spend **at least three (3) hours** contributing to a local cause. Examples include a community fundraiser, animal shelter, food bank service, park clean-up, or volunteer coaching of a children's community sports team.
- Submit proof of participation to Wellworks such as confirmation email, registration information, or a picture of yourself taken at the event, etc.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## MEDITATION LOG

25 POINTS

- Log **50 meditation sessions during the wellness year** using the **Meditation Log** found in the **Wellness Locker** and submit the completed form to Wellworks.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## MEET WITH A FINANCIAL OR 401K ADVISOR

LIMIT 4 PER YEAR | 25 POINTS (100MAX)

- Submit proof of participation to Wellworks such as confirmation email, or registration information.
- Schedule an appointment (for 401k, call Greenleaf Trust at 269-553-8400).
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## MOMENTS OF GRATITUDE LOG

25 POINTS

- Log **50 moments of gratitude during the wellness year** using the **Gratitude Log** found in the Wellness Locker and submit the completed form to Wellworks.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## ANNUAL WALKING CHALLENGE

25 POINTS

- Log **1,000,000 steps** (around **2,700 steps per day**) by **November 30, 2024**. Connect your device through the Wellworks menu by clicking on “Device/App Connect” or manually enter your steps on the Wellness Portal homepage under **Wellbeing Desktop>Fitness and Nutrition Dashboard**.
- **Please Note:** For instructions on how to sync your device/app visit the **Wellness Locker** on the Wellness Portal homepage under the **Wellbeing Desktop** or [click here](#).



## WELLNESS CHALLENGES

LIMIT 2 PER YEAR | 30 POINTS EACH (60 MAX)

- All details regarding the wellness challenges will be announced **via email** during the year!



## TAKE A COOKING CLASS

LIMIT 2 PER YEAR | 40 POINTS (80 MAX)

- Participating in a cooking class can be helpful for learning the fundamentals of cooking, meeting new people, or learning about new dishes and techniques!
- Submit proof of participation to Wellworks such as confirmation email, registration information, or a picture of yourself taken at the event, etc.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## GYM/FITNESS CLASS CHECK-INS

25 POINTS

- Log **50 gym visits, fitness classes, or fitness studio visits during the wellness year** using the gym check-in feature via the Wellworks For You mobile app.
- Check into your gym or fitness facility by **downloading the Wellworks For You mobile app**. Once logged into your mobile app, select the **Check-In icon** at the bottom of your screen. Click **Check-In**. The app will search for any gym or fitness centers within 0.25 miles of your location.



## CPR TRAINING

30 POINTS

- Report your certification or recertification and earn **30 points!** Certificates must be issued by the American Heart Association, or by American Red Cross. Certificates must be issued between **12/1/2023** through **11/30/2024**.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your certificate.



## RACE PARTICIPATION

LIMIT 4 PER YEAR | 40 POINTS EACH (160 MAX)

- Participate in any race and earn **40 points**. Submit proof of participation to Wellworks such as confirmation email, receipt, registration information, etc.
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## POST ON SCHUPAN STRONG FACEBOOK PAGE

LIMIT 5 PER YEAR | 25 POINTS (125 MAX)

- Share an activity or experience you had that supports your well-being and post a photo on our Facebook page:  
[www.facebook.com/groups/SchupanStrong](http://www.facebook.com/groups/SchupanStrong)
- Click the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof.



## HYDRATION LOG

25 POINTS

- Log **at least 64 oz per day for an 8-week period** using the **Fitness & Nutrition Dashboard** or the **Hydration Log** found in the **Wellness Locker**.
- Submit the completed **Hydration Log** to Wellworks by clicking the **Upload a Form** tile from the Wellness Portal homepage, select the **event title** from the dropdown and upload your proof. *You do not need to submit the Hydration Log if you are using the Fitness & Nutrition Dashboard.*