



How to earn points:

Standard Activities

The charts below show the points value of the many activities available. Standard activities fall within three categories: Assessments, Prevention, and Wellbeing. Points shown are for an individual member in a program year.

Personalized Activities

Personalized activities will be available to members and are only recommended based on the clinical cohort defined for the activity.

Custom Activities

Custom client activities can be added to an existing standard category, or a new category can be created.

Assessments

Understanding the member's health risks and needs

Activity	Points per activity
Onboarding assessment	75
Health assessment	500
Health assessment early completion bonus	250
Physical activity assessment	75
Mental wellbeing assessment	75
Financial wellbeing assessment	75
Muscle and joint health assessment	75
Healthy eating assessment	75

Prevention

Primary & secondary clinical prevention activities to reduce/ freeze health risk

Activity	Points per activity
Flu shot	200
COVID vaccine	200
Tetanus shot	200
Dental cleaning	400
Cancer screenings	400
Biometric screening*	125 per measure
BMI outcome	1,000
Blood pressure outcome	600
Cholesterol outcome	600
Glucose outcome	600
Tobacco use outcome	725

*excludes cotinine screening

How to achieve status:

Status

Status is determined by the number of points that you earn based on the activities in which you partake. There are four status levels: Bronze, Silver, Gold and Platinum.

BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts

Wellbeing

Activities to engage members which includes recommended focus areas and goals

Activity	Points per activity
Articles	10
Goals	Up to 15 per day
Videos	10
Habit trackers	25
Questionnaires	25
Self-reported workout	5 per day
Light workout	5 per day
Gym workout	10 per day
Standard workout	10 per day
Advanced workout	15 per day
Athletic event & sports league	50
Category maximum: 10,000 points	
Max one workout per day.	
We will award only the highest-level workout.	