# Points framework

## Assessments

Understanding the member's health risks and needs

| ACTIVITY | PTS EARNED |
|---|---|
| Onboarding assessment | 75 per lifetime |
| Health assessment | 500 per year |
| Health assessment early completion bonus | 250 per year |
| Physical activity assessment | 75 per year |
| Mental wellbeing assessment | 75 per year |
| Financial wellbeing assessment | 75 per year |
| Muscle and joint health assessment | 75 per year |
| Healthy eating assessment | 75 per year |
| Caregiver assessment | 75 per year |

## Prevention

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

| ACTIVITY | PTS EARNED |
|---|---|
| PCP Visit | 400 once per year |
| Flu shot | 200 per year |
| COVID vaccine | 200 per lifetime |
| Tetanus vaccine | 200 every 10 years |
| HPV vaccine | 200 per lifetime |
| Shingles vaccine | 200 per lifetime |
| Pneumonia vaccine | 200 per lifetime |
| Dental cleaning | 400 2x per year |
| Breast cancer screening | 400 every 2 years |
| Cervical cancer screening | 400 every 3 years |
| Colon cancer screening | 400 every 5 years |
| Lung cancer screening | 400 per year |
| Height and weight measures | 125 once per year |
| Blood pressure measure | 125 once per year |
| Blood glucose measure | 125 once per year |
| Cholesterol measure | 125 once per year |
| BMI outcome | 1,000 once per year |
| Blood pressure outcome | 600 once per year |
| RSV vaccine | 200 once per lifetime |
| Osteoporosis screening | 400 once per lifetime |

## Wellbeing

Activities to engage members which includes recommended focus areas and goals

| ACTIVITY | PTS EARNED |
|---|---|
| Articles | 10 each up to each category max |
| Goals | 5 each up to 15 per day |
| Videos | 10 each up to category max |
| Jumpstart prompts | 10 once per month |
| Reflection prompts | 10 once per per week |
| 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 per day |

Activities are organized into focus areas that help members find point-earning opportunities that align with their specific goals. Focus areas include resources for physical, mental, financial and social wellbeing.

**Category maximum:** 10,000 pts. We will award only the highest-level workout per day.

## Prevention Cont'd

| | |
|---|---|
| Cholesterol outcome | 600 once per year |
| Glucose outcome | 600 once per year |
| Tobacco use outcome | 725 once per year |
| Diabetes doctor visit | 400 once per year |
| Appointment readiness questionnaire | 75 once per year |
| Diabetes profile | 75 once per year |
| Diabetic eye test | 400 once per year |
| Diabetic foot exam | 400 once per year |
| 6-month A1c test | 125 every 6 months |
| Hypertension doctor visit | 400 once per year |
| Hypertension profile | 75 once per year |
| Kidney function test | 400 once per year |
| Mental Health visit | 400 once per year |

## 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.

## How to achieve status

### How to achieve status:

**STATUS**

Status is determined by the number of points you earn by completing activities within the program.

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