



# Earn Your Premium Discount!

Earn 500 points through your choice of approved wellness activities by **Dec. 1, 2022**.

Medically enrolled Associates and covered spouses are eligible for substantial premium discounts. Non-medically enrolled Associates/spouses are encouraged to participate in the program to support their personal wellbeing and maximize the health and culture at Grande. All participants will be eligible for additional incentives throughout the year.



## New Hires

- If hired after August 1, you will be eligible for the discount for the 2024 plan year.

500 points = Incentive	Points Per Activity	Max (1,415)
Health Assessment Questionnaire (Auto-awarded)	150	150
Biometrics Completion (Auto-awarded)	100	100
Meet Biometric Healthy Measures (Auto-awarded) BMI (15), BP (25), Glucose (20), LDL (13), HDL (12), Tobacco (15)	15, 25, 20, 13, 12, 15	100
Review Your Biometric Results - Grande clinic or SSM Telephonic	50	50
Health Coaching - Grande clinic or SSM Telephonic (report on portal)	25	125
Physical Activity Reporting 7,500 steps/day (linked fitness device) 30 active minutes/day (linked fitness device) Grande fitness center check-in (auto-awarded) Daily physical activity (report on portal)	3 (per day)	250
Sports League - See example list (report on portal)	25	
Races: 5k (15), 10k (20), Half-Marathon (25), Marathon (35), Mini Triathlon (20), Triathlon (35) (report on portal)	15, 20, 25, 35, 20, 35	
Flu Shot (report on portal)	50	50
Covid-19 vaccine (report on portal upon completion of final dose or booster)	50	50
Preventative Dental Exam and/or Vision Exam (report on portal) Points awarded for up to 2 Dental Exams per year Points awarded for up to 1 Vision Exam per year	50	150
Preventative Health Exam - See example list (report on portal)	50	150
Dental Health Assessment (Complete assessment and log the activity)	10	10
Report Your Primary Care Provider	25	25
Webinars (Auto-awarded)	10	40
Wellness Challenge Completion (3 per year; Auto-awarded)	50	150
Knowledge Management Course Completion	10	110
Daily Mini Challenges (Auto-awarded)	1	40
Self-Care Activities	10	50
Post on "Why Wall" (Auto-awarded)	10	10
Submit Testimonial on Portal (Auto-awarded)	15	15
Volunteering (report on portal)	25	75
Asset Health Survey (submit on portal)	15	15
Meet with a Financial/Retirement Counselor	50	50

### List of preventative exams:

- Annual Physical
- Pap Smear
- Mammogram
- Prostate Screening
- Colonoscopy
- Skin Cancer Screening
- Other (Check with HR before submitting)

### List of sports leagues:

- Baseball
- Softball
- Volleyball
- Basketball
- Kickball
- Football
- Rugby
- Soccer
- Other (Check with HR before submitting)

### Volunteering Examples:

- Worked a food drive
- Led a scout troop
- Donated blood