

Be Well Rewards Checklist

Register and submit necessary documentation online at www.wellness.usu.edu. You can submit requirements one at a time as you complete them or submit them all at once after you've completed them all. All submissions must be turned in by the **last day** of the period. If you have questions about activities or requirements, please contact Be Well at bewell@usu.edu or 435-797-8391.

Walk and track at least 500,000 steps.

Can be done using a FitBit, pedometer, cell phone or other tracking device. Please include screen shots of your tracking device whenever possible. Employees who enjoy doing other forms of activity and would like to count those steps may use the Be Well approved conversion chart.

Complete a Confidential General Health Assessment

Assessment can be found on regence.com and only needs to be completed once per plan year. Upload the same documentation for each session of the plan year you are attempting to complete. Instructions for completion and documentation can be found online. For PEHP members, sign up for a "Healthy Utah" assessment.

Complete a Preventative Healthcare Visit

Complete at least one age-appropriate preventative healthcare visit (annual physical, dental exam, mammogram, prostate exam, etc). Do not submit anything with personal health information.

Earn 100 points in each activity category.

Activities are broken into three categories and a complete list can be found online.

Live Well - _____

Work Well - _____

Be Well - _____