



HEALTHY Lives

Annual Rewards

Healthy Lives™ Points	Rewards for Part-time Caregivers and Spouse/ Domestic Partner on health plan (40-59 hours PP)	Rewards for Full-Time Caregivers and Spouse/ Domestic Partner on health plan (60 hours PP & above)
350 Points or More	Gold = \$250	Gold = \$500
300 - 349 Points	Silver = \$175	Silver = \$350
250 - 299 Points	Bronze = \$100	Bronze = \$200

Lab Tests and Screenings Maximum Points: 100

Goals	Points Possible
Blood Pressure: Maintain or achieve a blood pressure of 135/85 or lower or an acceptable alternative level as determined by your provider.	25
Blood Sugar: Maintain or achieve a blood sugar of 125 or lower or an acceptable alternative level as determined by your provider.	25
Cholesterol: Achieve a total cholesterol level of 200 or less or an HDL of 60 or more.	25
Complete an age appropriate screening or annual wellness exam with your PCP. Visit ourhealthylives.org for more information.	25

Weight Management Maximum Points: 100

Goals	Points Possible
Maintain or achieve a healthy Body Mass Index (BMI) of 18.5 – 24.9 by your annual screening session.	100
If your BMI is 25 or more:	
Achieve a weight loss of 5% or more from your baseline screening weight by your year end screening.	100
Achieve a weight loss less than 5% from your baseline screening weight by your year end screening.	50
Maintain screening weight, no weight gain throughout the year.	25

Fitness Maximum Points: 100

Goals	Points Possible
Weekly Average: 30 minutes of physical activity 3 days per week	100
Weekly Average: 30 minutes of physical activity 2 days per week	50
Weekly Average: 30 minutes of physical activity 1 day per week	25

Tobacco Maximum Points: 50

Goals	Points Possible
Non-Smoker/Non-Tobacco User: <ul style="list-style-type: none"> Attest to being tobacco-free. Successfully complete a tobacco screening test. Remain tobacco free for the entire year. 	50
Smoker/ Tobacco User: <ul style="list-style-type: none"> Attend 2 Smoking Cessation classes during the program year. 	25

Wellness Education & Extra Points Maximum Points: 25

Goals	Points Possible
Attend Healthy Lives approved education sessions and participate in any Healthy Lives Extra Point Opportunities.	5 per event



St. Charles
HEALTH SYSTEM

- Eligible participants who complete a Healthy Lives™ screening will receive a free pedometer to help earn your rewards points.
- Rewards will be paid out as a taxable addition to your paycheck or a tax-free addition to your health savings account.

Healthy Lives™
Points

Rewards for Part-time
Caregivers and Spouse/
Domestic Partner on
health plan
(40-59 hours PP)

Rewards for Full-Time
Caregivers and Spouse/
Domestic Partner on
health plan
(60 hours PP & above)

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