



**Healthy U 2011/12 Wellness Year**  
**Healthy U Activities for Employees & Spouses/Same-Sex**  
**Domestic Partners**  
**Total Points Required = 70 points**

PROGRAM/ACTIVITY	POINT VALUE
Pledge (Required)	0
Wellness Profile (Required)	30
<b>Exams</b>	
Preventive Exam	30
Annual Gynecological Exam	30
Mammogram	30
<b>Condition Management Programs (telephonic via Blues On Call)</b>	
Asthma	25
Back Pain	25
Coronary Artery Disease	25
Congestive Heart Failure	25
Chronic Obstructive Pulmonary Disease	25
Depression	25
Diabetes	25
Maternity "Baby BluePrints"	25
<b>Lifestyle Improvement Programs (on-line)</b>	
HealthMedia® Balance	15
HealthMedia® Breathe	15
HealthMedia® Care™ for Diabetes	15
HealthMedia® Care for Your Back	15
HealthMedia® Care For Your Health	15
HealthMedia® Nourish	15
HealthMedia® Overcoming™ Binge Eating	15
HealthMedia® Overcoming™ Depression	15
HealthMedia® Overcoming™ Insomnia	15
HealthMedia® Relax	15
HealthMedia® Care™ for Pain	15
HealthMedia® Move	15
HealthMedia® Achieve for Cholesterol	15
HealthMedia® Control for Blood Pressure	15
HealthMedia® Stride for Hip Health	15
<b>Lifestyle Improvement Programs (worksite &amp; community sites, all programs may not be available in all locations)</b>	
10,000 Step Challenge	25
Discover Relaxation Within I	25
Discover Relaxation Within II	25
Eat Well for Life I	25
Eat Well for Life II	25
HOPE Osteoporosis Prevention & Education	25
Ornish Spectrum	25
Personal Nutrition Coaching	25
Strides for Health	25

PROGRAM/ACTIVITY	POINT VALUE
Telephonic Smokeless®	25
Guided Self-Help Smokeless®	25
Daily Steps to Less Stress	25
Move It to Music	25
Drop 10 in 10	25
<b>Wellness Coaching Programs through Blues On Call (telephonic)</b>	
Simply Well	20
Aim For Change	20
Get Moving	20
Restoring Balance	20
<b>Miscellaneous Programs</b>	
Health Information/Tools (on-line)	10
Call to Blues on Call Health Coach	10
Flu Shot	15
<b>Educational Campaigns (all campaigns may not be offered by all campuses)</b>	
Color Your Plate	10
Diabetes Awareness and Prevention	10
Maintain Don't Gain ("Tis The Season To Lighten Up)	10
Yes I Can Quit Tobacco	10
Eat Well For Life	10
Maintain Your Mind	10
Prevention 101	10
<b>Employer Sponsored Custom Programs (University-Specific, all programs may not be available in all locations)</b>	
Other Preventive Screenings*	30
Wellness Committee Participation	25
Race/Walkathon ( <i>You can participate in two events for 25 points each</i> )	25,25
Education/Self-Improvement ( <i>You can participate in two events for 10 points each</i> )	10,10
Fitness Workouts*	25
Employer Sponsored Fitness Program	25
Walking Program	25
Weight Watchers*	25
Employer Sponsored Wellness Program	25

\*Any employee or spouse/same-sex domestic partner, regardless of work location, is able to complete these activities in the Employer Sponsored Custom Programs category and earn Healthy U points.