

## Earn Money for Taking Care of Your Health and Well-being Through Vincientian’s Thrive for Wellness Program

All employees of Vincientian can earn monetary incentives throughout the year for completing health and wellness activities. The time period for completion is **January 1 – November 30, 2024**, to receive the monetary incentives listed.

### ACTIVITY | 918 PTS

	Points Possible
<b>Daily Activity Goal</b> Steps or Active Minutes <i>334 days @ 2/day = 668 (average)</i>	6/day
<b>Activity Challenges</b> Meet the goal 4 out of 7	200
<b>Health Pulse</b> Questionnaire	25
<b>Wellness Survey</b> Open end of program	25

### AWARENESS | 240 PTS

	Points Possible
Physical Wellness	30
Emotional Wellness	30
Intellectual Wellness	30
Social Wellness	30
Spiritual Wellness	30
Environmental Wellness	30
Occupational Wellness	30
Financial Wellness	30

### PREVENTION | 500 PTS

	Points Possible
<b>Annual Physical Exam</b> Upload Review	200
<b>Preventative Services</b> 50 per service	100
<b>Biometric Completion</b> Upload Review	200

### HEALTHY CHOICES | 660 PTS

	Points Possible
<b>Weight Checks</b> Monthly–30 per month	330
<b>Blood Pressure Checks</b> Monthly–30 per month	330

#### THRIVE POINT STRUCTURE PAYOUT

	Total Points	Award
<b>Participating</b>	0-499	
<b>Bronze</b>	500	\$100
<b>Silver</b>	1000	\$100
<b>Gold</b>	1500	\$100
<b>Platinum</b>	2000	One person at each location with over 2000 points will be entered to win a prize.

#### THRIVE QUARTERLY PAYOUT

January – March	check dated: April 19, 2024
April – June	check dated: July 26, 2024
July – September	check dated: October 18, 2024
October – December	check dated: January 10, 2025

See your sites Peoples Operation Specialist for your [activation code](#) to get started.