

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

All employees of Vincentian can earn monetary incentives throughout the year for completing health and wellness activities. The time period for completion is **through December 31, 2023**, to receive the monetary incentives listed.

### ACTIVITY | 775 PTS

Points Possible

Daily Activity Goal Steps or Active Minutes	6/day
Activity Challenges 4 per year	200
Health Pulse Questionnaire	25
Wellness Survey Open end of program	50

### AWARENESS | 400 PTS

Points Possible

Clean Eating	50
Brain Health	50
Time Affluence	50
Cholesterol 101	50
Financial Wellness: Be Healthcare Savvy	50
Controlling Your Stress Response	50
Hydration 101	50
Be Strong	50

### PREVENTION | 500 PTS

Points Possible

Annual Physical Exam	300
Biometric Completion	200

#### THRIVE POINT STRUCTURE PAYOUT

	Total Points	Award
<b>Participating</b>	0-499	
Bronze	500	\$200
Silver	700	\$100
Gold	900	\$150

#### THRIVE QUARTERLY PAYOUT

January – March	check dated: April 21, 2023
April – June	check dated: July 14, 2023
July – September	check dated: October 20, 2023
October – December	check dated: January 26, 2024

See your sites peoples operation specialist for your activation code to get started.