

Join WellStyles Today!

Earn up to \$300 while improving your health and wellness!

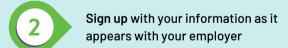
WellStyles is your personalized health and wellness program that's designed to meet you where you're at in your health journey. The average employee spends 50 hours per week at work, and we're here to help you carve out time for yourself. Because optimal health is for everyone. The WellStyles program runs from July 1- June 30.

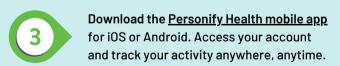
What you can earn at each level:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Points	5,000	15,000	35,000	60,000
Rewards	\$25	\$75	\$90	\$110

How to get started:









Please note: If you create an account through the app, you will need to enter the sponsor name.

Sponsor Name: WellStyles

Who is this for?

All employees at Glendale Elementary School District are invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

Questions?

If you need assistance, please contact the WellStyles team at info@wellstyles.org.





A quick guide to success:

For more information on earning points, visit the Rewards page and click on "How to Earn" for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on "My Earnings" for a full list.

Activity	Monthly Points Earned		Activity	Yearly Po	ints Earned	
Daily Cards (20 points ea)			Health Assessment		2,500	
Complete 2 Daily Cards, 5 days a week 200			Find the Health Assessment by clicking on Rewards			
Bonus: Complete 10 Daily Cards in a month		100	and scrolling down to the Survey section and click on Health Assessment.			
Bonus: Complete 20 Daily Cards in a month		200	Preventative Care			
Healthy Habits (10 points ea)		Dental Exams		5,000		
Track Healthy Habits, 3x a day for 5 days a week		150	Vision Exam 2,50		2,500	
Bonus: Track Healthy Habits 10 days in a month		200	Preventative Vaccines 5,00		5,000	
Bonus: Track Healthy Habits 20 days i	n a month	300	Cancer Screenings		15,000	
Step Tracking (7,000 steps in a day = 70 points)			Wellness Exam		20,000	
Take 7,000 steps a day for 5 days a week 400			Note: Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider			
			and date of exam/screening. For example, a doctor's note or your explanation of benefits from your medical insurance			
•	ay TT: 7,000 steps/15 active min/15 workout min 400		provider.			
20-Day TT: 10,000 steps/30 active min/30 workout min 50		500	Additional Rewards			
Sleep Tracking (10 points per night)			WellStyles Annual S	urvey	1,000	
Track Sleep Manually 5 days a week		50	Step Challenges		4,000	
Bonus: Track Sleep 10 days in a month		100	Blood Glucose (A1C Test) 5,000		5,000	
Bonus: Track Sleep 20 days in a month		200	Virta Diabetes Progr	/irta Diabetes Program 5,000		
Bonus: Sleep > 7 hours 20 days in a month		500	Real Appeal Enrollm	ent	5,000	
Habit Challenges			Volunteer Opportun	ities	1,000	
Healthy Habit Challenge		200	8 Hinge Health Exer	cise Sessions	x 20 2,000	
Create a Personal Challenge		50	TOTAL YEARLY POIN	NTS	up to 71,000	
Monthly Virtual WellStyles Events						
Wellness Window		350				

WellStyles Event points are awarded by Voucher Codes. These 10-digit codes can be applied to your account by clicking on Rewards then by clicking on Redeem a Voucher.

TOTAL MONTHLY POINTS

Healthy Habit Coaching Call





350

View our WellStyles Tech-Tip page that has short and sweet tech tip videos designed to help you navigate the WellStyles platform and achieve your health and wellness goals with ease.



