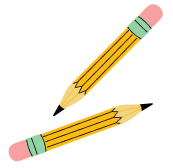


REQUIRED ACTIVITIES

pcsd wellness university



HealthyU

Online learning courses about various wellness topics including: sleep, blood pressure, stress, financial, preventative and so much more.

Complete 6 courses of your choice by the end of April 2024. Each course is worth 20 points.

To qualify for points, you must get 70% of the questions correct.

Wellness Screening

- onsite event
- 4 screenings in Sept. & Oct.
- total wellbeing event
- 200 points for screening

OR

Wellness Evaluation

	wellness assessment
	10 minute survey
	online in wellness university
	find out your health age
	200 point for evaluation

PCP Visit

Wellness visit with your primary care provider. Submit worth of visit to receive 200 points.

