

2020-2021 Healthy Rewards Self-Tracking Tool

Name: _____ A#: _____

	Program Activity	Date Attended or Completed	Notes/Comments	Point Value	Points Earned	
A S S E S S		<i>ex. 7/01/19</i>	<i>ex. location, physician name, campus</i>			
	Biometric Screening (REQUIRED prior to completing Health Assessment) <i>Should include height/weight, blood pressure, cholesterol and glucose. Available through your healthcare provider and offered on-site/virtually in April/May.</i>			2		
	Real Age Test (REQUIRED) <i>Can be completed by logging into azblue.sharecare.com</i>			4		
	Preventive Screenings (6 points MAX)				2 points each for a maximum of 6 points total for this section	
		Annual Physical Exam				
		Prostate Cancer Screening				
		Cervical Cancer Screening				
		Breast Cancer Screening (Mammogram)				
		Colon Cancer Screening (Colonoscopy)				
		Skin Cancer Screening				
	Vision Exam					
	Dental Exam					
	Immunization (including Flu Shot)					
E N G A G E	Wellness Challenges/Activities/Coaching 16 points MAX (at least one activity REQUIRED)				Webinars = 1 point each; most other activities = 2 points each. Maximum of 12 points for this section.	
	Name of activity:					
	Name of activity:					
	Name of activity:					
	Name of activity:					
	Name of activity:					
	Name of activity:					
Certify you are tobacco-free: acknowledgment of being tobacco-free for the past 6 months, and commitment to refrain from using tobacco in the future, this includes e-cigarettes, and other inhalant products.			Please initial here for 2 points			
Earn points between June 1, 2020 and May 31, 2021				Total Points	0	

Annotate Completed Points in Sharecare by **May 31, 2021**
 Website: azblue.sharecare.com

This sheet is for self tracking. All points must be placed in Sharecare

15 points = \$260 reward
24 points = \$500 reward

*Real Age Test and, Biometric screening and at least one PCC Wellness Activity are **REQUIRED** to earn a reward.*

All points are subject to review and verification.