



You are in control of your health and wellness.

OCT 2023 - MAY 2024

# Sign up for this years health promotion program.



Or visit:  
[drivewellnessmt.com](http://drivewellnessmt.com)

This year's program deepens your personal wellness journey by focusing on each of the eight dimensions of wellness individually throughout the year.

\*This program is for all staff regardless of your insurance status, and spouses who are on the insurance plan.

## Program components.

- \* Face-to-face wellness checks
- \* Weekly communication
- \* Wellness committee activities & events
- \* Individual challenges

### INDIVIDUAL CHALLENGE CHECKLIST

Complete holistic wellness tasks to earn up to 200 points.  
**200 pts = \$200 gift card from the Strive app's options**



Download the **PSF BenAccess** App and track your points.

\*Keep track of your points here or with the Strive app

#### Provider based challenges

- Check-up (50pts)
- Provider enrollment (200pts)

#### Face-2-Face Wellness check in with Carrie

- Fall (25pts)
- Spring (25pts)

#### Attend Wellness committee event/activity

- First (25pts)
- Second (25pts)

**Weekly challenges:** 5 pts per challenge (max 160 pts)

#### Oct: Emotional

- Week 1 (5pts)
- Week 2 (5pts)
- Week 3 (5pts)
- Week 4 (5pts)

#### Nov: Spiritual

- Week 1 (5pts)
- Week 2 (5pts)
- Week 3 (5pts)
- Week 4 (5pts)

#### Dec: Financial

- Week 1 (5pts)
- Week 2 (5pts)
- Week 3 (5pts)
- Week 4 (5pts)

#### Jan: Physical

- Week 1 (5pts)
- Week 2 (5pts)
- Week 3 (5pts)
- Week 4 (5pts)

#### Feb: Intellectual

- Week 1 (5pts)
- Week 2 (5pts)
- Week 3 (5pts)
- Week 4 (5pts)

#### Mar: Social

- Week 1 (5pts)
- Week 2 (5pts)
- Week 3 (5pts)
- Week 4 (5pts)

#### Apr: Environmental

- Week 1 (5pts)
- Week 2 (5pts)
- Week 3 (5pts)
- Week 4 (5pts)

#### May: Occupational

- Week 1 (5pts)
- Week 2 (5pts)
- Week 3 (5pts)
- Week 4 (5pts)

Your final score: \_\_\_\_\_ / 200 pts