

# Passport to Wellness

As you complete each item, please indicate the date completed and the points attributed to the item. You must earn a minimum of 100 points and return your completed Passports to Return your Human Resources Department no later than 1/01/2012 to be considered an eligible participant.

*Consult your physician before beginning any exercise or weight loss program.*

## Harnett County

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Department: \_\_\_\_\_

| Wellness Opportunity (Points)                                       | Date | Points |
|---|------|--------|
| Register at Caremark.com (5)  |      |        |
| Complete Health Risk Assessment (20)                                |      |        |
| Annual Physical Exam (10)   |      |        |
| Flu Shot (10)   |      |        |
| PSA Test/PAP (10)   |      |        |
| Blood Pressure Check (10)   |      |        |
| Exercise Regularly 3 Times per Week (20)<br><i>Journal Required</i> |      |        |

| Wellness Opportunity (Points)  | Date | Points |
|--|------|--------|
| Cholesterol Screening (10)   |      |        |
| Blood Glucose (10)   |      |        |
| Give Blood (5)   |      |        |
| Join Gym/Participate in Classes (10)                                 |      |        |
| Complete 1 Online Coaching Session (10)                              |      |        |
| Join a Weight Loss Program (10)                                      |      |        |
| Mammogram (10)   |      |        |
| Quit Smoking (30)  |      |        |
| Routine Vision Exam (10)   |      |        |
| Transfer Prescription to Mail Order (5)                              |      |        |
| Join a Disease Management Program (10)                               |      |        |
| Join a Smoking Cessation Program (10)                                |      |        |
| Spring 5k Run/Walk (10)  |      |        |
| Fall Health and Wellness Fair (10)                                   |      |        |
| Winter Maintain Don't Gain Program (10)                              |      |        |
| Spring Eat Smart Move More (10)                                      |      |        |
| Summer Wellness Event (10)   |      |        |
| NCACC Wellness Program (10)  |      |        |
| Lose 10% or More of Your Body Weight (20)<br><i>Journal Required</i> |      |        |