



Choosing to complete this voluntary wellness program will earn CEBCO enrolled employees and spouses a monetary incentive.

Personal Health Action Plan: **Goal - 600 Points**

ACTIVITY/FREQUENCY	POINTS
Health Evaluation* (REQUIRED) (max of 1)	300
Cholesterol Ratio (max of 1)	50
Blood Pressure (max of 1)	50
Glucose (max of 1)	50
Screening Results to Physician (max of 1)	50
Complete Online Workshop (max of 1)	25
Complete Online Challenge (max of 1)	25
Sync/Log Steps via Member Portal (max of 1)	75
Local/County Activity (max of 3)	50
Preventive Care (max of 2)	50



Access the program beginning Nov. 1, 2017 at www.myinteractivehealth.com

Details about how to create your account are **coming soon**

**Please Watch for More Information During
October And November 2017!**