



"Step Into Wellness"

## Wellness Rewards Tracker

April 1st thru June 30<sup>th</sup> 2022

Print your name: \_\_\_\_\_ Department or Site: \_\_\_\_\_ Email address: \_\_\_\_\_

Activity	Choices	Host	Date	Verification	Available Points
Wellness	Various - verify unless noted as "wellness rewards" wellness presentation	Various (SIA, MHN, Health Plans, SEL, other)	As scheduled	Host verification Contact Wellness Coordinator (email below) if you have questions about verification)	4
Digital campaign	"Weight Loss"	Sutter Health	Six weekly emails and resources	"Read" receipt	2 (each email read)
Health Coaching	Stress management, weight management, nutrition, tobacco cessation	Health Plans or MHN	April through June 2022	Coach or certificate	4 (each session)
Online healthy lifestyle module	Stress management, weight management, physical activity, sleep	Health Plans or MHN LiveWell platform	April through June 2022	Screenshot of completion	4 (each module)
Physical Activity S.M.A.R.T. goal	S.M.A.R.T. goal worksheet	Email: healthybusiness2@gmail.com	April through June 2022	Wellness Coordinator	4
Other*					
<b>YOUR TOTAL POINTS</b>					

Your signature: \_\_\_\_\_ Date submitted: \_\_\_\_\_

Scan and email to: Cathy Rasmusson, District "Step Into Wellness" Coordinator email address: [healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com)

\*Other. Contact SCUSD employee "Step Into Wellness" Coordinator if an accommodation is needed or you have an alternate activity you would like to receive points for or questions about rewards. Accumulate points and receive a prize. If item is no longer available, item of similar value will be provided.

**REDEMPTION PRIZES**    **6 POINTS:** Salad keeper & water bottle    **10 POINTS:** Yoga mat, water bottle & drawstring backpack  
**12 POINTS:** Bluetooth speaker