



"Step Into Wellness"

Wellness Rewards Tracker

October 1st thru December 31, 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	"Stress Management"	Sutter Health	Six weekly emails and resources	"Read" receipt	2 (each email read)
Aerobics Class	Offered free at Serna Center	Aerobics Instructor	Each class	Note or email from instructor	2 (each class)
Health Coaching	Stress management, weight management, nutrition, tobacco cessation	Health Plans or MHN	Any time October-December	Coach or certificate	4 (each session)
Online healthy lifestyle module	Stress management, weight management, physical activity, sleep	Health Plans or MHN LiveWell platform	Any time October-December	Screenshot of completion	4 (each module)
Other*					
YOUR TOTAL POINTS					

Your signature: _____ Date submitted: _____

Scan and email to: **Cathy Rasmusson, District "Step Into Wellness" Coordinator email address: 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 or cooler bag

10 POINTS: Hand weights, workout towel, and resistance bands

12 POINTS: Yoga mat, salt lamp & earbuds

16 POINTS: Yoga mat, salt lamp & earbuds