



"Step Into Wellness"

Wellness Rewards Tracker

July 1st thru September 30th 2021

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	"My Can-Do Nutrition Plan"	Health Net	Six weekly emails and resources	Begins 7/1/21 "Read" receipt for email	2 (each email)
Health Coaching	Stress management, weight management, nutrition, tobacco cessation	Health Plans or MHN		Coach or certificate	4 (each session)
S.M.A.R.T. goal worksheet	Stress management, weight management, nutrition, work/life balance, physical activity	Email: healthybusiness2@gmail.com	July thru Sept. 2021	Vendor verification	4
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.

- 6 points Salad keeper
- 10 points Cooler bag
- 12 points Gym bag and infused water bottle