

# Join WellStyles Today!

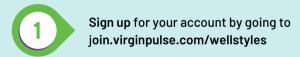
#### Earn up to \$300 while improving your health and wellness!

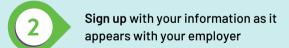
WellStyles is your personalized health and wellness program that's designed to meet you where you're at in your health journey. Our members spend an average of 50 hours per week at work, and we're here to help you carve out time for yourself. Because optimal health is for everyone. The WellStyles program runs from <u>July 1 - June 30.</u>

### What you can earn:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	SECRET LEVEL 5
Points	5,000	15,000	35,000	60,000	Unlock to reveal
Rewards	\$20	\$80	\$140	\$200	

## How to get started:









Please note: If you create an account through the app, you will need to enter the sponsor name.

**Sponsor Name: WellStyles** 

#### Who is this for?

Everyone enrolled in (GUHSD's health plan is invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

### **Questions?**

If you need assistance, please contact the WellStyles team at info@wellstyles.org.





# A quick guide to success:

For more information on earning points, visit the Rewards page and click on "How to Earn" for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on "My Earnings" for a full list.

Activity	Monthly Poin	ts Earned	Activity	Yearly Points Ear	ned
Do one Daily Card = 20 points			Health Assessment	2,500	)
Complete 2 Daily Cards, 5 days a week 20			Find the Health Assessment by clicking on Rewards		
Bonus: Complete 10 Daily Cards in a mor	100	and scrolling down to the Survey section and click on Health Assessment.			
Bonus: Complete 20 Daily Cards in a mo	200	Preventative Care			
Do one Healthy Habit = 10 points		Dental Exam x2	5,000	0	
Track Healthy Habits, 3x a day for 5 days a week		150	Vision Exam	2,500	0
Bonus: Track Healthy Habits 10 days in a month		200	Preventative Vaccine x2 5,00		0
Bonus: Track Healthy Habits 20 days in a month		300	Cancer Screening x3 15,		0
Take 7,000 steps in a day = 70 points			Wellness Exam	<u>\$100</u>	<u>)</u>
Take 7,000 steps a day for 5 days a week 400			Note: Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider		
20-Day TT: 7,000 steps/15 active min/15	400	and date of exam/screening. For example, a doctor's note or your explanation of benefits from your medical insurance provider.			
20-Day TT: 10,000 steps/30 active min/	30 workout min	500	Additional		
Track Sleep Manually per night = 10 poin	nts		WellStyles Annual Surv	vey 1,000	D
Track Sleep Manually 5 days a week		50	Winter Step Challenge	2,000	0
Bonus: Track Sleep 10 days in a month		100	Spring Step Challenge	2,000	0
Bonus: Track Sleep 20 days in a month		200	Additional WellStyles E	Events x2 600	ı
Bonus: Sleep > 7 hours 20 days in a mont	th	500	TOTAL YEARLY POINTS	S up to 55,600	0
Healthy Habit Challenge = 200 points					
Create a Personal Challenge		50			
Monthly Virtual WellStyles Events					
Wellness Window x9		350			
Healthy Habit Coaching Call x9		350			
WellStyles Event points are awarded by Vou Codes. These 10-digit codes can be applied t account by clicking on Rewards then by click	to your				

TOTAL MONTHLY POINTS

Redeem a Voucher.

up to 7,350



View our WellStyles Tech-Tip page that has short and sweet tech tip videos designed to help you navigate the WellStyles platform and achieve your health and wellness goals with ease.



