



Wellness Passport Directions

How it Works:

1. Each quarter, indicate which Wellness Activities you participated in.
2. When done, submit your passport to Wellness Captain- Abby Matthews (CCS) (amatthews@altlig.com). You'll then receive information via email about receiving your gift card at the beginning of the month, following the END of the Quarter!! (You can only earn 1 award each quarter). Quarters for 2018 are: Jan-March; April-June; July-Sept; Oct-Dec.

EACH QUARTER you can earn the following:

Participate in:	EARN
9-16 activities per quarter	\$10 Gift Card
17- 35 activities per quarter	\$25 Gift Card
36 or more activities per quarter	\$40 Gift Card

Examples of Activities:

(Note-- these are **just examples**; more activities may qualify. If you have a question about one, just ask Wellness Captain- Abby Matthews, via email.)

Physical Activities (must be 30 minutes or more)	Education	Prevention
Participating in a Yoga Class at APC	Attending a seminar on a health topic at APC or other venue	Going to a doctor for a physical
Participating in an organized walk with APC	Watching a Video or Training on HealthStream or other program/webinar	Going to the dentist or eye doctor for a check up
Participating in any fun run/walk (e.g. Recovery Walk, Nami Walk, etc.)	Taking a Smoking Cessation Class	Getting any kind of preventative screening (mammogram, colonoscopy, etc.)
Exercising at the gym, YMCA, or community club	Completing a body/health evaluation/assessment (BMI, etc.)	Getting a flu shot
Participating in a sports/Rec league (baseball, basketball, kickball, etc.)		