



Jacksonville Better You Strides Point Checklist Proton Therapy Institute

Required Activities	Points	Max Points Available
Onsite Biometric Screenings	100	100
Personal Health Assessment	100	100
Flu Shot	50	50
Additional Activities	Points	Max Points Available
inControl Diabetes Management Program	100	100
Back in Motion (Back Injury Prevention Program)	50	50
Healthy Living Programs (WellCards)	50	200
Healthy Habit Programs (WellCards)	25	100
Obtain a Preventative Screening (colonoscopy, mammogram, etc.)	100	100
Annual Wellness Exam with Primary Care MD	50	50
Onsite Coaching - Meet with Employee Wellness Health Coach	25	50
Fall Into Wellness - Participate in Fall Wellness Challenge	50	50
Proton Wellness Events	10	50

