



Jacksonville Better You Strides Point Checklist UF Shands/UFJPI

Required Activities	Points	Max Points Available
Onsite Biometric Screenings	100	100
Personal Health Assessment	100	100
Flu Shot	100	100
Additional Activities	Points	Max Points Available
inControl Blood Pressure Management Program - new	100	100
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	200
Obtain a Preventative Screening (colonoscopy, mammogram, etc.)	50	50
Annual Wellness Exam with Primary Care MD	50	50
Million Steps to March	50	50
Onsite Coaching - Meet with Employee Wellness Health Coach	25	50
Fall Into Wellness - Participate in Fall Wellness Challenge	50	50
Participate in a Wellness Wednesdays	10	50

