



Health Maintenance Institute
Rewards Activity Options

Gain points through completing various activities below to earn the \$75 reward per period!

Activity	Points
Annual Flu Vaccine	25
Regular Volunteering - 5 pts per volunteering activity	50
Donate Blood - 20 pts per donation	40
CPR/AED Certified	15
Drink 6-8 Glasses of Pure Water Per Day - 1 pt per day	50
Participate in a Wellness Challenge - 50 pts per challenge	50
Participate in a Wellness Event - 20 pts per event	40
Participate in a Community Event - 20 pts per event	20
Receive a Preventive Exam - 10 pts per exam	50
Complete e-Learning Lessons - 10 pts for each lesson done	50
Healthy Activity - 5 pts per hour of exercise	Unlimited
Participate in a Financial Wellness Program Through Emerge - 20 pts each	20