

2018-19 Arlington ISD Wellness Program

ASSESSMENTS (REQUIRED)	POINT VALUE	COMPLETE BY DATE
Member Health Assessment (MHA)	50	08/31/2019
Biometric Screening	50	
PREVENTIVE CARE COMPLIANCE	POINT VALUE	
Preventive Care Compliance	50	
TOBACCO-FREE	POINT VALUE	
Self-Report Tobacco-Free / OR Targeted Tobacco Cessation Program Passed	20 each / 20 max	
PROGRAM ACTIVITIES	POINT VALUE	
Targeted Programs	15 each / 45 max	
Online Courses	10 each / 30 max	
Employer Challenges - Goal Met	15 each / 45 max	
Peer Challenges - Participant	10 each / 30 max	
Healthy Events - Self-Reported	5 each / 15 max	
COACHING II	POINT VALUE	
High Health Score (≥ 80)	40 each / 80 max	
Moderate Health Score (60 – 79.9)	20 each / 80 max	
Low Health Score (< 60)	10 each / 80 max	
PROGRAM GOAL	200 POINTS	