**\*Refer to manateeyourchoice.com/wellbeing/wellbeing-at-work for more information\***

**2024 Wellbeing Menu**

|  |  |  |
| --- | --- | --- |
| **Activity** | **Points** | **Date(s) Completed/Points Earned** |
|  | Host a Wellness Advocate onsite to present (topics located on W@W page)  | **10/each** |  |
| Promote Tobacco Cessation Program  | **5** |  |
| Promote Wellbeing Workshops (Julie to send emails on each workshop) | **5/ Workshop** |  |
| Promote Hinge Health | **5** |  |
| Promote January IncentFit Challenge “New Year, New You” | **5** |  |
|  |  |  |
|  | Promote an Emotional Wellbeing Challenge (see W@W page for ideas) | **5/each** |  |
| Install a Gratitude Board / Shout Out Board (templates on website) | **5** |  |
| Host a LAMP advocate onsite to present  | **10/each** |  |
| Share a LAMP voice recorded Video | **5** |  |
|  |  |  |
|  | Promote Financial Workshops- 1x/Quarter! (**BONUS**: 1 pt for **each** employee who attends in your team. Please keep track of who attends, and I will have a list of all attendees) See flyer | **5/Workshop+ BONUS**  |  |
| Promote March Money Madness Challenge | **5** |  |
| Promote Deferred Compensation benefit – Voya (info on W@W page) |  |  |
|  |  |  |
|  | Observe a Health Awareness Campaign (Wear Red, Pink, Green etc.) Get Team Picture | **5** |  |
| Collect and donate candy for troops over Halloween (Julie to email in Sept) | **5** |  |
| Promote blood drive (email to go out) | **5 per event** |  |
| Host Team Building or Wellness Event (Wellness Team can assist with ideas) | **10** |  |
| Promote Pink Pumpkin Department Challenge (Julie to email in Sept) \*BONUS 5 pts if participate and show picture!\*  | **5** |  |
|  | Host a Potluck Lunch at your worksite | **10** |  |
|  | Build a W@W Bulletin Board using **flyers** from Banquet folder or email. Must show picture of board when turning in scorecard! | **10** |  |
| Attend Wellness Champion Banquet/Meet with Julie to review 2024 | **10** |  |
|  | Create your own activity!  | **5** |  |

**\* Documentation can be in the form of email records, or photos of “day-of” participation. \***

**Platinum: 95+ Points**

**Gold:** **75-94 Points**

**Silver:** **56-74** **Points**

**Bronze:** **40-55** **Points**