



Program Overview **Signup or Login at healthtopwellnessprogram.com**

Hilltop values you and your wellbeing. Whether you need to quit smoking, get fit, or manage stress, the Health Top Wellness Program provides you with the tools and resources to help. As you participate, you'll qualify for prizes and rewards along the way. And good health is the best reward of all!

Wellness Activity Menu	Points Earned:	Collect Up To:
Annual Physical/Wellness Exam: Visit your primary care physician and complete your annual physical/wellness exam	4	1 x / YEAR
Blood Donation: Donate blood via the Blood Mobile or on your own at your local hospital or clinic.	2	1 x / Quarter
Coaching Session: Fitness coaching with Rebecca, life/stress management with Skip, personal trainer, financial planner, life-coach, spiritual leader, etc.)	2	3 x /Quarter
Community Event: Participate in healthy events (5K, bike race, etc.)	4	1 x /Quarter
Company-Wide Challenge: Participate in our Quarterly wellness challenge	6	1 x /Quarter
Designate a Primary Care Physician: If you have a doctor already or designate one this year, you can claim these points ONE time.	2	1 x / YEAR
Education or Safety Course: Take a wellness-related or safety course in the community.	2	4 x /Quarter
Family or Group Activity: Get active with your family or other loved ones for at least 60 minutes.	2	2 x /Quarter
Health Screening: Participate in our onsite screening, schedule one with Monument Health, or obtain one in your doctor's office.	3	1 x / YEAR
Health Top Facebook Page Sign Up: Follow our wellness Facebook page.	2	1 x / YEAR
Pathway Packet Completion: Improve specific habits for 2 weeks.	3	2 x /Quarter
Preventive Health Appointments: Earn points for completing a mammogram, prostate exam, skin check, vision screening, dental exam, etc.	2	4 x / YEAR
Recorded Videos or Webinars: Watch Hilltop-recorded seminars/workshops	2	3 x /Quarter
Regular Exerciser: Exercise for 150+ mins every week for previous 3 months	2	1 x /Quarter
Safety Quiz: Complete the monthly Safety Quiz	1	1 x /Month
SMART Dollar Sign Up: Available through February 2020	4	1 x / YEAR
SMART Goal: Set your own personal wellness goal to earn up to 6 points. Work on it for 3 more weeks. Earn 1 point for completing the Set It form on the portal, 2 points for completing the Reflect form, and 3 Points if you Nail It .	1—Set It 2—Reflect 3—Nail It	1 x /Quarter

Continued on Page 2



Wellness Activity Menu	Points Earned:	Collect Up To:
Flu Shot: Receive a FREE vaccine at Hilltop, visit a local pharmacy or make an appointment with your primary care office.	1	1 x / YEAR
TED Talks: Watch the monthly TED Talk and share your biggest takeaway.	1	1 x / Month
Teladoc Sign Up: Sign up for Hilltop's Teladoc Program (Hilltop-insured only)	2	1 x / YEAR
The Good Life Wellness Newsletter: Read the monthly newsletter and share what you learned.	1	1x / Month
Tobacco Free: Attest that you're currently tobacco free and have been for at least 3 months.	2	1 x / Quarter
Triad Webinar or Article: Improve your mental wellbeing by selecting any relevant webinar or article from the Triad portal and sharing what you learned.	1	3 x/ Quarter
Volunteer Work: Volunteer for a recognized non-profit organization for 2 or more hours.	2	4 x / Quarter
Wellbeing Appraisal: Complete the online lifestyle questionnaire on the wellness portal.	3	1 x / YEAR
Wellness Workshops: Attend a Hilltop-sponsored wellness seminar in person.	2	4 x / Quarter
Wellness Spotlights: Read the monthly spotlight about employee's fitness/wellness journeys.	1	1x /Month

Earn rewards & chances to win prizes each Quarter!

Earn 10 or more points each Quarter to qualify for:

🏆 **A \$30/month discount** on your Hilltop Health Insurance OR a \$50 Quarterly bonus.

🏆 **Chances to win cash prizes and more!**

The more points you earn, the more chances you'll have to win!

10 points = 1 entry

20 points = 2 entries

30 points = 3 entries. . and so on.



Contact Morgaan for more information: morgaanw@htop.org