



# JSC 2010 Employee Rewards Program Activities Tracking Sheet



*Print and use to track your completion dates. Enter completion dates at the Mayo website before 12/31/10 to receive points in the Employee Rewards Program.*

[www.explorationwellness.com](http://www.explorationwellness.com)

**Mayo Clinic Activities:** *points are entered automatically while you participate.*

Tracked EmbodyHealth Activities	Date Completed	Point Value
<a href="#">Health Monitor Enrollment</a>		2
<a href="#">Health Risk Assessment Completion</a>		5
<a href="#">Healthy Pregnancy Engagement</a>		2
<a href="#">My Fitness Solution Engagement</a>		1
<a href="#">My Fitness Solution Participation</a>		5
<a href="#">My Smoke-Free Future Engagement</a>		1
<a href="#">My Smoke-Free Future Participation</a>		5
<a href="#">My Stress Solution Engagement</a>		1
<a href="#">My Stress Solution Participation</a>		5
<a href="#">My Weight Solution Participation</a>		5
<a href="#">Walk to Wellness Completion</a>		5
<a href="#">Walk to Wellness Enrollment</a>		1

**JSC Sponsored Activities:** *you must enter the date you completed the activity at the Mayo website*

Self-Reported Activities	Date Completed	Point Value
AandE Stress Management	<input type="text"/> Did it	1
AandE Special Topics	<input type="text"/> Did it	1
AandE Special Topics	<input type="text"/> Did it	1
AandE Wellness	<input type="text"/> Did it	1
AandE Wellness	<input type="text"/> Did it	1
AandE Wellness	<input type="text"/> Did it	1
Clinic Event (immunizations, cholesterol or glucose screen, other medical checkups)	<input type="text"/> Did it	2
Consultation Behavior Change	<input type="text"/> Did it	5
Consultation Fitness	<input type="text"/> Did it	5
Consultation Nutrition	<input type="text"/> Did it	5
Consultation Stress Management or EAP	<input type="text"/> Did it	5
Consultation Wellness	<input type="text"/> Did it	5
Dont Wait - Participate!	<input type="text"/> Did it	5
Employee Feedback Survey	<input type="text"/> Did it	2
Healthy Holidays	<input type="text"/> Did it	5
JSC Corporate Health Survey	<input type="text"/> Did it	5
Preventative Exam (physical, mammogram, well person, colonoscopy)	<input type="text"/> Did it	5
Satern Training (wellness related)	<input type="text"/> Did it	5
Self Assigned Event (S and H Day, Safety Fair, etc)	<input type="text"/> Did it	2
Wellness Assigned Event 1	<input type="text"/> Did it	2
Wellness Assigned Event 2	<input type="text"/> Did it	5
Wellness Assigned Event 3	<input type="text"/> Did it	5

Self-Reported Activities	Date Completed	Point Value
5-9-A-Day	<input type="text"/> Did it	5
AandE Behavior Change	<input type="text"/> Did it	1
AandE Behavior Change	<input type="text"/> Did it	1
AandE Behavior Change	<input type="text"/> Did it	1
AandE Fitness	<input type="text"/> Did it	1
AandE Fitness	<input type="text"/> Did it	1
AandE Fitness	<input type="text"/> Did it	1
AandE Nutrition	<input type="text"/> Did it	1
AandE Nutrition	<input type="text"/> Did it	1
AandE Nutrition	<input type="text"/> Did it	1