



Deadline to Enter Activities

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Enter your activities at the Mayo Clinic website until Dec 31, then redeem!

- You may enter completion dates throughout the calendar year.
- Deadline to enter your activities is Dec 31st.

NOTE: You will not get credit for activities that have not been entered on line by Dec 31st.

The screenshot shows the top navigation bar with categories: Monitor My Health, Improve Lifestyle Habits, Manage Chronic Conditions, Make Treatment Decisions, Connect With Others, and Health Info A-Z. Below is a search bar and a 'NASA HealthierYou' banner. A yellow arrow points to a 'Reward Program' button on the banner.

The screenshot shows the 'My Rewards' page with a trophy icon. A yellow arrow points to the '2010 Reward Points Program' link in the 'Campaign' list. The status is 'Submitted Jan 4'.

AandE Wellness 101	<input type="text"/>	Did it	1	0
AandE Wellness 102	<input type="text"/>	Did it	1	0
AandE Wellness 103	<input type="text"/>	Did it	1	0
Clinic Event (immunizations, cholesterol or glucose screen, other medical checkups)	01/14/2010	Did it		
Consultation Behavior Change	<input type="text"/>	Did it	5	0
Consultation Fitness	Jan 4, 2010		5	5
Consultation Nutrition	<input type="text"/>	Did it	5	0

Enter Date

Click Did it

Next



Redeem Your Points!



Back

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Redeem a Maximum of 50 Points for \$50!

- Retrieve your Reward Point Total
- Click on the green Reward Program box at the Mayo website
- To print 2009 points, click on *Past Campaigns*
- To print 2010 points, click on *2010 Reward Points Program*

Monitor My Health | Improve Lifestyle Habits | Manage Chronic Conditions | Make Treatment Decisions | Connect With Others | Health Info A-Z

Search

Overview | Action Plan

Welcome, Firstname Lastname

NASA HealthierYou
Visit the NASA HealthierYou to stay up to date on resources and events available to you. You'll find information on programs to help you reach your health goals and more. Check in often to take advantage of new opportunities throughout the year.

Go

1 of 6 | Previous | Next

Provided by NASA
2010 Announcement from NASA Chief Health and Medical Officer
2010 HealthierYou Campaign

Reward Program

e-Newsletter Sign Up

2009 Points

Next

My Rewards

How it works
Use this page to learn how you can earn rewards for participating in healthy activities. As you work towards the reward, your status information will be updated on this page. Once you are eligible to receive the reward, a link "Get my reward" will appear. Click on the link and enter the information necessary to have the reward provided to you.

Campaign	Status
<p>2010 Reward Points Program</p> <p>Welcome to the 2010 Employee Rewards Program! Deadline for entering activities is Dec 31. Use this page to check your points or enter completion dates. Points for online Mayo Clinic activities are added automatically. You must enter completion dates for all other Rewards Program activities. Please ignore the Total Points Possible of 1. This is used for internal tracking purposes. You may collect over 100 points.</p>	<p>Submitted Jan 4</p>



Redeem Your Points!



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Print out the rewards point list and submit to Starport Fitness Center front desk

- Print out your Reward Point List from your browser
 - Jan-Mar: Pick up your gift card
 - May 31st: Deadline to use your gift card

Print

35 / 5 pts

Ignore this 5 pts, used by Mayo for internal tracking purposes

Your cumulative annual reward points total

Tracked EmbodyHealth Activities	Date Completed	Point Value	Points Earned
Fitness for EveryBody Completion		5	0
Health Monitor Enrollment		2	0
Healthy Pregnancy Enrollment		2	0
My Smoke-Free Future Completion		5	0
My Stress Solution Completion		5	0