



## INCENTIVE OPPORTUNITIES

To be eligible for the incentive.

Earn 300 points by 3/31

Earn 600 points by 6/30

Earn 900 points by 9/30

Earn 1,200 points by 12/31



## Stay Connected!

Download the *WellRight* App to stay connected and login on the go!

To access the wellness portal visit:  
[sbam.wellright.com](http://sbam.wellright.com)



## CORE ACTIVITY!

Complete the Online Health Questionnaire	100
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## PARTICIPATE!

Watch a Recorded Wellness Class and Complete the Online Quiz (200 points max)	50
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Complete an Online Wellness Challenge (400 points max)	100
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Track at Least 600 Minutes of Physical Activity (240 points max)	20/mo.
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Race Event (such as a 5K) (60 points max)	15
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Get Involved (community group, take a class, volunteer, etc.) (60 points max)	15
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Blood Donation (20 points max)	10
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Healthy U (100 points max)	10
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Health Victory—Add your Success Story	10
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Bookworm Challenge (10 points per book read, 50 points max)	10
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Track Weight Each Month (60 points max)	5/mo.
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Participate in Financial Wellness—Meet with a Financial Advisor	25
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Game Night—Build Relationships with Family, or Friends (60 points max)	15
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Healthy Grocery Shopping Challenge (60 points max)	15
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Create a Budget	25
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Mindful Meditation (25 points max)	5
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## PREVENT!

Certify Completion of Annual Physical	75
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Certify Completion of Dental Exam (50 points max)	25
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Certify Completion of Vision Exam	10
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Additional Preventive Exam	25
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Mental Health Visit (100 points max)	25
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Preventive Vaccines (20 points max)	10
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## PERSONALIZE!

Customize your Wellness Path by Completing Personal Health Challenges that are Meaningful to you! Points Awarded for the First 3 Completed (75 points max)	25/ challenge
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# WELLNESS PROGRAM

**What is the wellness portal website?** <https://sbam.wellright.com>

**When can I begin participating and earning points?**

- You can start earning wellness points for any activities starting **January 1, 2025.**

Use the QR code below to instantly download and access the *WellRight* app!



**What is the incentive?**

Your employer will have information about your company specific incentive/reward. Please reach out with any questions.

**Does OnSite Wellness have a Wellness App?**

As a matter of fact, we do! Visit your app store on your mobile device and download the *WellRight* app. This app allows you to easily check the status of your Wellness Points status, submit your physical form and participate in all activities.

**What does my annual Physical Exam need to include?**

- A preventive physical is an annual meeting and consultation with your personal healthcare provider. Your provider may recommend additional tests such as a mammogram, or colonoscopy, however these additional tests alone are not considered a physical exam.

**How do I earn points for “Activity Tracking”?**

- You can earn for logging minutes of activity, or daily steps. In order to receive points, you must log your information on the Wellness Portal, the mobile app, or submit proof of activity (minutes only).
- You may sync your wearable device to track steps or activity minutes.
- To earn points for the month, you must reach a total of 600 minutes of activity.

**When will I see my points?**

- Wellness points will show immediately after your document has been uploaded to the wellness website. If you do not see your points, please contact your client services director.

**How do I show proof of dental exam, vaccines, volunteering, etc.?**

- On the wellness portal go to the section called *Prevent!* Hover over the appropriate box, then click on “submit”. Enter in the date of your completed appointment and the name of the doctor that you saw, then click “submit”. Points will automatically be added.
- Race Event or Volunteering: type the date and location of completion in the challenge tile and click submit.

**What if I cannot complete a challenge, or activity?**

- We are committed to helping you achieve your best health. If you are unable to meet a standard under this wellness program, please contact OnSite Wellness, LLC for information about alternatives.