



# 2019 Harlem Wellness Program

## Self-Tracking form

### STEP 1 REQUIRED – SEE COMPLETION DATES BELOW

**DEADLINE: SUNDAY, JUNE 30, 2019**

Date Completed	Complete between December 1, 2018 – June 30, 2019	<b>Annual Biometric Screening</b> <ul style="list-style-type: none"> <li>• Can be completed during on-site screenings offered between February – April, 2019</li> <li>• Can be completed with your own Doctor. Must have Doctor’s office complete PHYSICIAN DATA FORM</li> </ul>
Date Completed	Complete between January 1, 2019 – June 30, 2019	<b>Annual BCBS Online Health Assessment</b> <ul style="list-style-type: none"> <li>• Log on to complete:               <ul style="list-style-type: none"> <li>○ <a href="http://www.bcbsil.com">www.bcbsil.com</a></li> <li>○ <a href="http://www.wellontarget.com">www.wellontarget.com</a></li> </ul> </li> </ul> <p>BCBS Member Services 888-706-0583 (User ID &amp; Password) Well on Target Technical Assistance 877-389-3651 (Blue Points)</p>

### STEP 2 REQUIRED – COMPLETE BETWEEN 12/01/18 – 11/30/19

**DEADLINE: MUST BE TURNED IN NO LATER THAN MONDAY, DECEMBER 2, 2019**

Date	Points	Preventive Visit
	1	Annual Eye Exam
	1	Dental Cleaning
	1	Dental Cleaning
	2	Annual Physical (Wellness visit or re-checks are NOT physicals)
	1	Flu Vaccination
	2	Colonoscopy or Cologuard
	1	Skin Cancer Check
	2	Mammogram
	2	Osteoporosis (Bone Density) – Men & Women
	2	Well Woman Visit (Pap Smear)
	2	PSA Test (Prostate Cancer)
<b>2 POINTS EACH - DISEASE MANAGEMENT PROGRAMS</b>		
High Blood Pressure		
Diabetes		
Obesity or Weight Management		
Mental Health		
Eating Disorders		
Tobacco Cessation		
<b>1 POINT EACH - HARLEM WELLNESS SEMINARS or COMMUNITY WELLNESS SEMINARS</b>		
Date	Name of Seminar	

<b>STEP 3 OPTIONAL – COMPLETE BETWEEN 12/01/18 – 11/30/19</b>		
<b>DEADLINE: MUST BE TURNED IN NO LATER THAN MONDAY, DECEMBER 2, 2019</b>		
<b>MONTH</b>	<b>TRACK YOUR WELLNESS CHALLENGES</b>	<b>POINTS EARNED</b>
January		2,500
February		2,500
March		2,500
April		2,500
May		2,500
June		2,500
July		2,500
August	<b>NO HARLEM CHALLENGE</b>	
September		2,500
October		2,500
November		2,500

<b>INCENTIVE ACTIVITIES</b>	
<b>COMPLETE BETWEEN 12/01/18 – 11/30/19</b>	
<b>DEADLINE: MUST BE TURNED IN NO LATER THAN MONDAY, DECEMBER 2, 2019</b>	
#1	Collect 20,000 Blue Points and/or Harlem Challenge Points
#2	Collect an additional 15,000 Blue Points and/or Harlem Challenge Points for an overall total of 35,000 points
<b>Harlem Wellness Tracking forms are available for Activities #3-#10. If using a different tracking form or app, the details collected MUST match that on the Harlem Wellness Tracking Forms. Count out your days on the form you are turning in.</b>	
#3	Log daily step count of 10,000+ Steps x 150 days (steps cannot be connected to earn Blue Points or Harlem Challenge Points)
#4	Log 30 minutes of exercise x 150 days (exercise cannot be connected to earn Blue Points or Harlem Challenge Points)
#5	Log food and water consumption x 150 days (food & water consumption cannot be connected to earn Blue Points or Harlem Challenge Points)
#6	Tobacco Cessation x 150 days (Tobacco use or cessation cannot be connected to earn Blue Points or Harlem Challenge Points)
#7	Attend 30 Instructor Lead Fitness or Relaxation Classes (Classes cannot be connected to earn Blue Points or Harlem Challenge Points)
#8	Reduce BMI by 1
#9	Reduce BMI by 2
#10	Achieve 5 out of 6 biometric screening results within normal range